



WITH: Generic+ Housemartins interviews. War-toys, veganism, drugs, skating, martial arts, apostles statement, poems, cartoons, legal advice, adverts, information...

AND LOTS MORE!!!



o here it is at last, Guernica the second. I am quite pleased with the feed-back I got regarding the first issue although there were some criticisms.

The article which was unpopular with quite a few people was the one about cannibis written by Calvy. Some people were disgusted by the way it was so pro-hashish although others said they liked it. What was pleasing was that John(from Skull and Crossbones zine) has written an article attacking what Calvy said—and it has been published in this issue. Other comments and advice have been taken into consideration; on the whole though I'm pleased with the results and it seems most of the readers are as well. Hopefully this issue is an improvement.

I am attempting to run Guernica free of censorship so I will print anything I'm sent. If however I feel very strongly against a piece, I

may state my opinions afterwards. It is essential that people contribute their own articles/poems/artwork/stories/cartoons/puzzles/adverts/publicity for a project/interviews/reviews/stuff to review/criticisms/advice or anything!!!

It would be a great help if written pieces are typed out as it would save me loads of time; this isn't obligatory though-written articles are better than nothing. If you want to take up a whole A4 page then it needs a $\frac{1}{2}$ cm border around the page.

COMPETITION TIME

Occoh!Well it's more of an invitation really-I'm inviting you the readers to design the front cover of Guernica 3. Sounds like Blue Peter doesn't it? The artist of my favourite piece will receive a free copy of the zine and will get 3 2nd hand LPs: Conflict's first 2 LPs and the Antisect LP(without a cover)I will also try to publish all artwork submitted within future issues. It is impossible to say what is the "best" piece of art because it is only my opinion as to which piece is my favourite. It's a chance to save me some work and hopefully get a good cover, and a chance for you to see your work in print as well as winning a (ahem) stunning prize.

The Rules

There aren't any. BUT the piece has to be in black and white ink and has to be able to fit onto an A4 sheet with a ½cm border around it. Also because it's got to be photocopied, large areas of black should be avoided as they don't come out very well. Please state if you want your work returned. Thats about it so get out your art-pad...

"HOW TO DO A FANZINE"

When I first had the idea to do a zine in April '87,I basically didn't have a clue how to get started. A lot of what I did was just common sense, but I had little practical information about how to get the whole thing together. I was lucky in that I had access to a photo-copier and fairly cheap paper, but it would have been much easier if I had a list of printers and their rates and quality etc. When I laid the pages out I didn't even know I needed a border around the page. So I thought it would be a good idea if the theme of Guernica 3 was to provide practical information and advice about every aspect of doing a zine. There are so many aspects involved in zine production, including:

- -Getting the ideas together
- -Getting in touch with bands, groups and others who might want to help
- -Money(for materials, postage costs, ads and getting it reproduced)
- -Laying it out
- -Selling it

Believe me its not easy, but it could be made a lot easier. What I'm inviting you to do is send in any information and/or advice you may have on any of the aspects listed above. Whether your'e a printer listing your costs, a fanzine writer talking about your experiences or someone who reads a lot of zines with comments about what you think could be improved etc ANY INFORMATION IS VALUABLE. The success of the project is entirely in the hands of people who want to contribute.

The majority of the money made on this zine will be split between Common Ground, Black Wedge and the Westside Arts and Music Collective.

Thanks to all these people who helped: All the distributors, James, Apostles, Russell, Dave, Savl, Mich, Dan, Tracey, Tracy, Anth, John @, common Ground, Generic, Phil, Paul, Sean and Janice, Pete, Roger yates, Tala, Hurly, Darlington Media Group (printing), Vandy and his dad, Dad and anyone else IVR missed out. Hello N(!

Nick Box Hope Common Ground I Charlotte Square Newcastle-On-Tyne NEI 4XF

·GENERIC:

YEARS APART

I tried to think last night but no thought came flooding back, tried to grasp the memory that I once knew, its in here somewhere hiding from view, you will not talk to me but can I talk to you ? Only a few years ago we used to be so close, our minds were tied together, did things as one, now weve changed so much in such a short time, we used to be such good friends, now we're total strangers. I never thought things could ever change but slowly we drifted apart, going different directions, I didnt think this friendship could ever end. I want to know you more but the barrier is getting greater, try to overcome it, get it pushed back in my face once again.

DEATHOFANERA

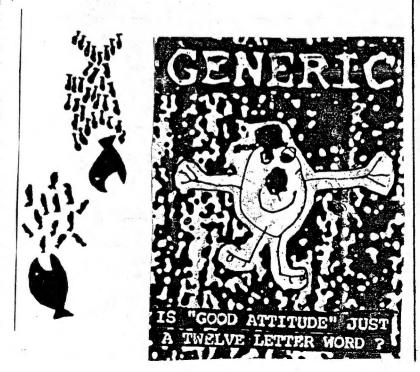
Look beyond the mirror, what does the future hold? A cold dark reflection, is there an open door ? The breath steams the surface, it must be wiped away, a smear upon the clearness, it must be wiped away. Now the door is open, look, beyond the mirror is the picture on the wall, something that you want to be. Have people stopped thinking ? Do people not realise ? Is this the start or is this the death of ...? The shattered glass in the fragments of the future, the dark metallic background that hides the real needs, a ripping scream of deadly pain. Is this the new beginning? Is this the new religion ? Banging your head to a bunch of mindless fools is banging your head against a wall, or as much use as.... Is this the start or is this the death of an era ? "Smash the gods with the barbaric force",it really takes some doing,it really takes some beating, put some ideas behind the music which is good, or is "Good attitude" just a twelve letter word ? Why do you have to do it ? Why do I really listen? I sometimes do but just to the music. Do people really take this in ? Do people really want this ? Are people really influenced by all this shit ? Yes, well thats okay then....NO! Is this the start or is this the death of an era?

Generic are a Newcastle-based band made up of four individuals called Wizz, Terry, Sned and Nat. The band of old had two releases—an excellent split LP with Electro Hippies (now sold out) and the still—available "Free South Africa" EP. After a lengthy break the band have regrouped with a different line—up and have got a new EP out called "The Spark Inside". If you like your music fast and noisy with good personal and political lyrics then this is the band for you. This interview was returned in November with questions by Nick. Without further ado...

1. WHAT LED TO GENERIC BEING REFORMED? AND WHAT'S THE NEW LINE-UP?

Sm-Nostalgia, new line-up is Sleazebag Allstars, Sneedy Butthole-Drums, Calypso-Guitar, Smoocher-Bass.

Sn-The same reasons behind us starting up in the first place really, a lot of the fun had gone out of it at the end of the old line-up and people went different ways, after about 6 months of this we decided to give it another go-out of the blue, just like that! Micky and Paddy were into other things so wouldn't have really fitted into the "new" Generic, we're still friends though. Calypso moved from bass to lead and we asked our old buddy Nat (Smoocher) to join on bass, he said "yes".



2. HOW DID THE TOUR IN NORWAY GO? (autumn'87). WHICH OTHER BANDS DID YOU PLAY WITH? 0 Sm-The tour of Norway was fuckin' excellent. Went with the Westside Arts and 0 Music Collective and managed a gig in Bergen and two in Oslo. Norway was a real inspiration and well worth going. We played with Wasp Factory (another band from W.A.M.C) and two Norwegian bands. One was Taf from Disorder's new band called 0 T.H.C who are a noisy punky hardcore band (surprise! surprise!) and the other 0 was "Zeppo Goes to Holocaust" another noisy punky hardcore band. Sn-Yeah Norway is fab- dead expensive though, the first gig at Oslo was a 0 benefit for Oslo squatters who had been arrested following an eviction and had fines to pay. The place we played-"The Blitz Club"-was excellent, a cafe/meeting 0 place by day, venue by night. They also had the country's only all-wimmin run 0 pirate radio operating from upstairs , an anti-vivisection campaign office too. The people were dead good to us and we made lots of friends. The place we're \odot trying to get together here in Newcastle is very much inspired by the Blitz Club. \odot 3. WHAT IS THE PURPOSE OF THE W.A.M.C ? COULD YOU TELL US A LITTLE ABOUT IT ? \odot Ca-We've been going for about a year and a half now and have achieved some canny things, we've got 8 workers from the M.S.C (Manpower Services Commission: 0 sexist bastards!) to help it develop, luck will have it that all the workers are cool dudes. Some of the things we've been doing, some of the gigs abroad 0 were helped out by the collective. We also run rehearsal rooms and recording 0 and stuff.We're trying to get a building as a venue/rehearsal room/cafe etc. No bar and maybe even no alcohol shows so all ages can get in... 0 Sn-The collective was set up as a way of mutual help between local(and 0 further afield!) musicians and artists. Originally we pooled all our equipment until one night everything was stolen, we were lucky enough to get a grant for 0 equipment though and have a reasonable set-up. Purpose: to provide cheap and 0 adequate facilities and to promote the collective idea generally i.e people sharing ideas/experiences and helping each other out. 0 4. WHAT ARE THE THE BAND'S PLANS FOR THE NEAR FUTURE ? ANY RELEASES ? Sm-A new 7" before '88 called "The Spark Inside", out on FlatEarth/Loony 0 Tunes (This is now available for £1.30-U.K.£1.70-Europe and 5 dollars from U.S and everywhere else; from the adress at the end of the interview. It's dead good- Nick). A track on "Future Now" zine's second edition flexi... Sn-After that there's the possibility of doing an LP on "Meantime" (Ian from 0 Dan's label) as long as he doesn't pull any of this "five quid"shit . Hopefully our label ,"flat earth" can expand and help others out ... Manic Ears 0 are after us for an LP too. 0 S1-And then blast back to Europe for some serious "HEEDSWEYP!!"(?-Nick) as well as the usual trying to get our views and ideas across to people. 0 5.I KNOW A COUPLE OF YOU SOMETIMES GO SABBING. WHAT IMPACT DO YOU THINK 0 SABBING HAS MADE ON HUNTING IN GENERAL? Sn-Well obviously it fucked up their "sport" a bit and more directly SABS SAVE LIVES: -what could be a more successful method? Sometimes you're gonna be more successful than others, sometimes you feel as if you're part 0 of the game-such is life. 6. HOW COME SABS GET SO LITTLE ACTIVE SUPPORT WHEN 70% OF THE POPULATION 0 ARE APPARENTLY AGAINST HUNTING? Sn-Apathy I suppose...Only through action will the hunt ever be stopped-0 not legislation as many appear to believe. Plus there's the thing about people not bothering 'cos it seems so far away, 'cos their head isn't on the chopping block. 7. WHAT DO YOU THINK OF SKATEBOARDERS WHO ACT FLASH AND SHOW OFF IN FRONT OF OTHERS? Sm-Theyr'e really cool man. 0 S1-What are skateboarders?Oh them with wheels on their feet and bandanas 0 on their heads. Sn-I think "smart arse little bastard" and "cor, I wish I could do that", 0 posing sucks but I love to see good skating. I tend to fall off more than show off-maybe it's 'cos I haven't got a bandana. Skate for fun if that's 0 what your'e into and that's all there is to it. I don't give a shit whether ➌ it's trendy or not.

8.a) DO YOU THINK IT'S ALRIGHT TO SHOPLIFT FROM EXPENSIVE VEGETARIAN SHOPS (NEARLY ALL ARE EXPENSIVE) b) IF SOMEONE HAD STOLEN A SOUTH AFRICAN ORANGE AND OFFERED IT TO YOU, WOULD YOU EAT IT? WHAT ABOUT IF THEY STOLE NON-VEGAN FOOD ?

Sm-Yes

Ca-Yes

Sn-Yeah, if you can get away with it. The non-capitalist food supplies like the food co-op on our street I would not rob from as it's run on trust not profit.

S1-South African orange; yes I suppose I would if it was stolen, then there is no money going to the stinking Apartheid regime. If it had been paid for then I would have second

Sn-S.A orange- I don't know really, as for non-vegan food- no I wouldn't , being a vegan. I know some "flexible" vegans who eat milk chocolate etc if they can rob it-that's fine if they can rob it, it's just not for me.

Sl-Well as for non-vegan food-as long as it didn't have any death in it, yes. I'm not a vegan

- 9. NOW CAN WE IN BRITAIN AFFECT CHANGE IN OTHER COUNTRIES (e.g South Africa, Nicaragua) ? Sn-The best way, obviously, would be to go and fight for revolution in such places-this isn't too realistic however, we have little power other than making others aware and in our individual economic capacity- for example boycotting S.A produce and on the other hand supporting the produce of Nicaragua. There is also the economic damage you can cause to companies investing in shitty regimes via direct action-this can also make the links more visible to people. That really was the whole point behind our first EP concerning S.Africa, which I think a lot of people missed. Also we can support S.African and other unions On the whole, the help we can give from Britain can merely be financial and in solidarity.
- 10.DO YOU RECKON DRURIDGE BAY NUCLEAR POWER STATION WILL GO AHEAD, AS THERE SEEMS TO HAVE BEEN LITTLE OR NO WORTHWHILE REACTION AGAINST IT ?

Sn-Yeah, I think it probably will as protest is minimal in comparison with the size and force of the nuclear industry-the only actions I've heard about have been like, loads of people running into the sea and er...baking cakes for peace-ho, ho, I bet British Nuclear Fuel are shitting themselves!!

11. WHEN YOU TALK TO PEOPLE, DO YOU SOMETIMES FORGET ANYTHING TO SAY TO THEM?

S1-Em...erm...Mmmm...Urm...

Sn-Sorry, I don't understand what your'e getting at here- maybe if you could expand on it...

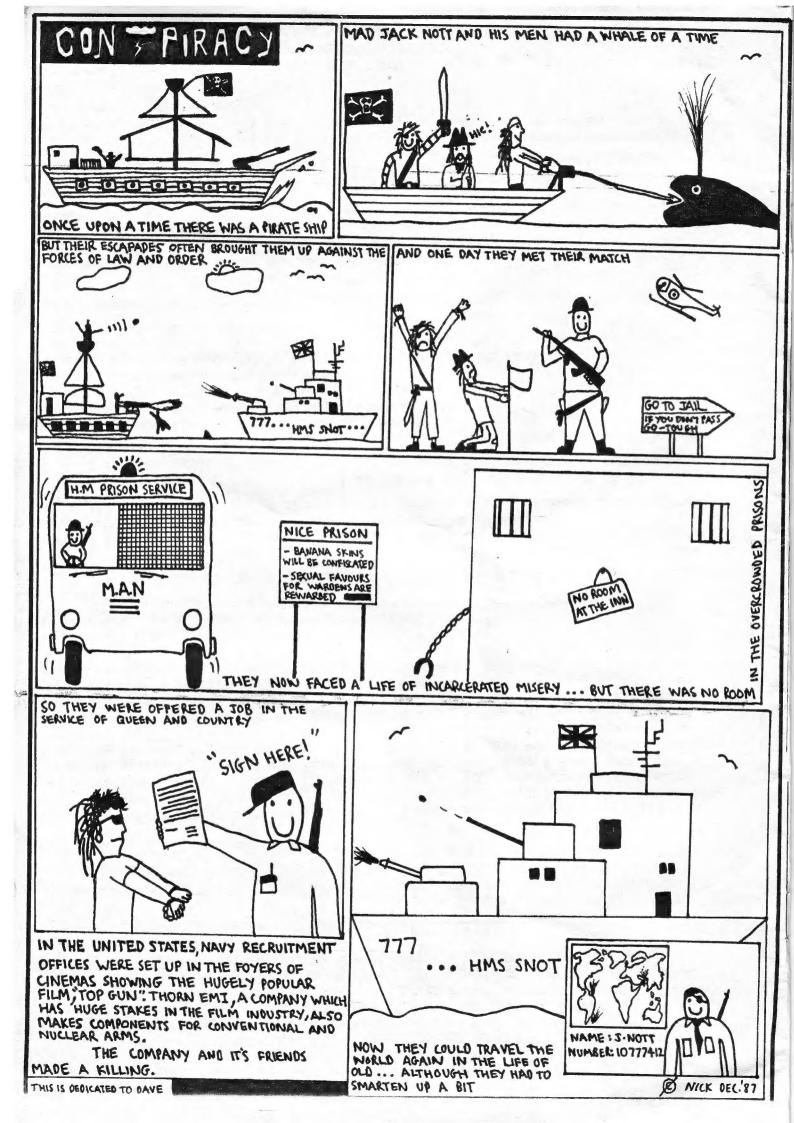
2.Erm, well er...'owt to add?

S1-Aye, we've just come back from Holland and Belgium which was a great success. We played 7 gigs all over Holland with Groningen being the best, totally wild! We also played 2 gigs in Antwerp (Belgium) as well as meeting some really nice people. Two of them even put 8 of us up for a week when the van broke down, and bought us lots of beer and food which

Sn-Yabadabadoo!-thanks tons for the interview dude. Just been reading Guernica No.1 which is well cool- aye there's still hope for Newcastle yet! Our new EP will be out now so buy!buy! Small distributors please get in touch.DIY not DRI! If you wanna write to us our address is; BOX FLATEARTH COMMON GROUND 1 CHARLOTTE SQUARE NEWCASTLE-on-TYNE NE1 4XF -S.A.E or I.R.C please.While yer at it make it worth the stamp.

Many thanks to Generic for the interview. They are cool people and it's worth writing to them. Oh yeah cheers for getting my letter Sned. Nat left Generic in January this year and Sned left the band for a few days but they are now back together with Mel instead of

"NOW THATS WHAT THEY CALL DEMOCRACY" FEATURES APPROX 89 MINUTES OF MUSIC BY CRUDE AND SNYDE, COWBOY KILLERS, TOXIK EPHEX, RHETORIC, OI POLLOI, MAXIMUM SECURITY, DEVIATED INSTINCT, ARROGANCE, CHUMBAWAMBA AND DANBERT NO BACON. IT COMES ON A T.D.K. TAPE WITH A COVER AND BOOKLET WITH 50p GOING TOWARDS THE COUNTER INFORMATION FUND. IT COSTS £1.50 PLUS A5 S.A.E. 'SKULL AND CROSS-BONES " 6 IS AVAILABLE FOR 20p AND S.A.E. AND CONTAINS DISORDER, RHETORIC, ANOREXIA, COWBOY KIL-LERS, A.UK, OI! RECORDS PLUS ARTICLES, THOUGHTS, REVIEWS, LETTERS, PHOTOS ETC. WRITE TO: JOHN A,



WAR-TOYS

This article was written to come out at Christmas time, but it's still relevant...

So here it goes again, Christmas time, that time of goodwill amongst men and wimmin. That once a year season of cheer and happiness when capitalism and materialism can rear their ugly heads embedding themselves even more firmly in the rotting flesh of society.

Oh but perhaps I'm being a bit too cynical. After all if it wasn't for the capitalist toy manufacturers providing packaged fun and games who would bring a smile to the faces of all those young children come this time of year ? Who would deprive them of their joy as on Christmas eve they lay there, happy in the knowledge that Santa is soon due for his annual delivery of death and destruction.

BUY YOUR KIDS WAR TOYS AND WATCH THEM GROW INTO NORMAL WELL ADJUSTED INDIVIDUALS

Like box games, Lego and doll's houses war toys have literally become an industry in
themselves which create and supply an ever expanding market in the western world. The arsenals of war toys are constantly reassessed and restocked as every year toy companies

endeavour to keep up with their counterparts in the real arms trade.

Isn't it ironic that in the season of goodwill thousands of children are going to die of starvation while others are being adapted to the very methods which make their deaths inevitable?

The war-torn toy trade is a problem which has been around for too long. Since the first lead soldiers of the 17th century these twisted toys have maintained their stranglehold in toy town. With mass production they are now easily and cheaply accessible to anyone and with the increased mechanisation of war and industry the variety of these death toys is unlimited. The increasing knowledge of space travel has opened up endless possibilities for the manufacturers star wars. Fabulous star wars, superheroes, intergalactic war lords and fantastic fighter spaceships are all the rage these days. Even research into micro electronix has helped make increasingly violent games available to young children via home computers and computer games.

Yes, today it seems that no child need be denied the joys of learning how to kill, aping their elders and superheroes in the kind of actions they come to regard as being natural

and just.

The desire in a child to possess a war toy is by no means a natural one such as the desire to read or communicate properly. It is a desire created, nurtured and fed through advertising and with the influence of adults and peer group. If the child's friends have them, the shops are full of them and the manufacturers make them seem highly appealing then they become a logical and required possession.

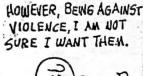
MANHOOD GLORY

The killing and destruction that goes on in play seems innocently oblivious to the fact that in real life <u>bullets and bombs kill</u> - you don't get up and run away again to play. It is in this way that children are taught to accept violence and death as an acceptable way of life. It cannot be denied that these childhood activities influence adult attitudes. War toys help to legitamise and naturalise man's most unnatural and barbaric activity. In buying war toys and not discouraging children to play with them we are supporting a view of the world in which war and killing is natural and inevitable.

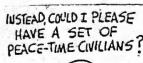
when a child is young a great deal of time and energy goes into teaching children that the government, war mongering polititians and the military equally dangerous? Is it not in the minds of the young and innocent that these people sow the seed of future

Mich. To Rowan The Wrecker. Go wild my son.











SUMMARISED HISTORY OF COMBAT

Combat has always existed, whether it be among races, religions or family sects. Before the development of the first teachings of BUDO (martial arts) most combat, among people that is, was vicious and most of the time both of the fighters aquired serious injury.

Stylised and relatively modern(5000BC) fighting techniques began to develope in Europe, fighting similar to BOXING. As wars increased more men invaded other countries and fought people with different methods of fighting; many of these different methods were more effective. The more people fought the more fighting methods could be learnt and combined with the ones already known. Eventually these fighting methods got further east and into India where GURUS, YOGIS and BUDDHIST MONKS began combining these fighting methods with YOGIC movements practised for fitness and agility as well as its relaxing qualities. After only a short while, fighting by this method spread, punches, blocks and kicks etc. were speeded up and developed into precise movements. These methods spread north through TIBET then onto China. The Indian BUDDHISTS travelled to CHINA visiting temples.

Soon they noticed that the monks and priests of these CHINESE TEMPLES were fat, unfit and unhealthy and ate unnatural foods, so with these new found pupils, they began to pass on their fighting skills and knowledge and soon the CHINESE MONKS became very proficient fighting machines. After the INDIAN MONKS left CHINA, the CHINESE MONKS began moving very deep into the wilderness to build their temples to lock out the rest of the world and they began to train hard and then harder. Some religio-mystic sects named their temples SMALL MOUNTAIN TEMPLES (SHAOLIN TSI) and it was these sects that developed the art of KUNG-FU(ENERGY-TIME). The monks watched the way all the animals fought, copied and modified it to fit the HUMAN ANATOMY; these became the art of KUNG FU. But some styles were also developed from plants.

Monks from CHINA went to Japan on boats during wars. Once there, they searched for and trained monks and peasants alike as well as soldiers. From these teachings came the arts like NINJITSU and more modern arts like KARATE and JUDO etc.

Dave.



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PRINCES STREET GARDENS ON
SATURDAY 4th JUNE.
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SCOTLAND

DRESS INFORMAL

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MAGL 25p: 57 BRIARDENE

NEW GLT - UPON -TYNE NEID BLT

THIS IS BY NO MEANS A FULL LIST

Since January 1987, the performance art group The Apostles has undergone a cha nge in personel, a change in direction and a change in the style of material we p there are none and there never will be; however, owing to the obscure nature of a the earnest, genuine and mincers people who, for whatever reasons, still refer to important to outline our basic ideals/views on a few key subjects which are dealt d music) at our own home as a viable and interesting alternative to 'gig venues' which are for bands, not performance art groups like ourselves. We are not setting ourselves above 'bands', we're simply stating that we are different from and un out. 1: We are no longer a 'punk' group, nor do we see ourselves as necessaril in peoples' homes rather than at venues, and/or live displays (films, painting an related to 'bands'. Our work will continue to feature projects undertaken by prop le who write to us but first priority will be given to those people who aren't in bands and who aren't involved in fanzines so they receive the maximum opportunity display their own written and visual material which porhaps they would otherwi y related to the punk movement anymore although we still sympathine with many of themselves as punks. 2: There have never been dogmas and doctrines in the group, ome of our work, especially the 4th Single and the 5th Album, we feel it is very to continue our performance art through visual displays not have the resources or self confidence to do. with below. 3: We intend

Patriotism /Nationalism. We are opposed to and disinterested in all forms of nationalism and patriotism. A nation is an artificial boundary made by power secking men to contain a populace and rule them. Nature did not separate its lands int countries and as such her initial plan for us should be respected. The arguemen in favour of nationalism is based on the spurious notion that maintaining a nat ional pride somehow preserves individual cultures; what, though, is a culture? In the patrictic sense a culture is merely a refined set of oppressive traditions which deny the separate identities of independent thinking people to break free of on/country/boundary. What right has a set of dictators to give a piece of earth a these constraints and be regarded as a human being instead of a product of a nati name and announce that I am the property of that named area of land? Who says the that name? Mother nature most certainly did not, that's for sure. Where nations would, if left to educate eachother, be quite capable of representing ourselve s thank you without the interference and oppressive regimes which parade their pr opaganda under the misleading title of democracy. The only true democracy is a pe ectively. World socialism will make all national boundaries obsolete. Passports a re an insult to human dignity. The race/colour/creed/sexual orientation of any hu they are a part. Nationalism is by definition exclusive and precludes certain sections of the populace on prejudicial grounds. Patriotic fervour is the spark which h ignites the fires of bigotry and must always be fought against and vanquished b efore our race may once again live in harmony with the other species on this plan exist so do governing bodies and we say 'No representation in lieu of the people' oples' congress and these need no cultural/national barriers in order to work eff the obvious detriment of the people. We belong to the earth - it doesn't belong t et. Remember also that patriotism encourages subservience to leaders and rulers a man being must never prohibit his or her participation in the community of which s well as reinforcing faith in the ideologies laid down by leaders and rulers to country we live in is called England/Scotland/whatever? Who gave this plot of

e all have basic rights, which are: food, clothing and somewhere to live. These a re rights which belong to every single human being on this planet. One house or flat each is all we need; those selfish, bourgoise individuals who own more than o dwelling in which to live should have their extra properties forcably taken aw ay from them, regardless of how they obtained nem, jor main with a derect of excuse for denying someone else a place to live. Property should be owned by the e community anyway, not by individuals, so that hospitals, schools and arts centr es may be used by everybody. The concept of rent must be abandoned as it is insulting to human intelligence. Private doctors' surgeries must be abolished and repl aced by a health care service for everyone and this must include holistic, herbal conventional medicinal treatments so that everyone has the opportunity to tak Whatever treatment may best suit their condition. Adaquate housing for everyone Housing. Our policy on housing is very simple: if it is unoccupied, take it. us. With the abolition of nationhood comes the liberation of the people.

would out down the amount of disease and ill health which presently afflicts man y impoverished working class people anyway.

Transport, Public transport must be extended and apread to all areas of the c the elder which con leant four people. Natural fuels are being wasted at present and an effective me thed of maying much fuels would be to halve the number of vehicles on the road a people to give lifts to those who aren't rich enough to own them. S ubnidding public transport must be available to everyone in the community and no ommunity. Private transport should be drastically reduced and those individuals owning cars must agree to use them for the benefit of the disabled and ly. It is sickening to see hundreds of privately owned vehicles all of tain only one person in them when most of the vehicles are designed to nd encourage

price rions are necessary if the service is efficiently run. Drugs, it is important for us to stress that we do not take drugs nor do we d we feel obliged to adhere to with fanaticism. It is not a policy for us to absta in from intextants, simply a case of chosen lifestyle which we have decided wor for un. We do not support the straight edge fascist mentality - we do no rankly if they are stupid and immature enough to get drunk and take drugs in ord or to remain in no control of their faculties then I can only regard them with c t support the paychic Crowley LSD drug induced visionaries either. If someone wi shes to take drugs then it is up to them what they do with their own body, and f ontempt; if this sounds arrogant then I'm sorry, honestly, but how are we suppos ed to take such an attitude to life seriously when there's so much that people a re minning out on while they're out of their minds? It must be said, though, that drug punhers and drug dealers are generally scum who, like social workers, get rich off other peoples' problems and inability to cope with life. If somebody ge nuinly enjoys life and wants to experience a learning, knowledge seeking existan co, they will not be able to waste time taking drugs because there will be far b etter things to do. We are given a mind and a body to use to the full and we can not live our lives totally if we are escaping through a haze of intoxicants. LSD rink alcohel. However, this is merely a matter of usual choice, not a rule that you want to talk to them, and listen to them, not some dreary version of their p crsonalities modified by drugs and alcohol. We don't believe we have the right t o tell others how to live their lives - we do believe we have the right to sugge orbit from which it never lands. Also, if you are attempting to talk to someons, and christianity both have one thing in common: they both send the mind into an st viable alternatives. kn bont

e when they were first aired so let me clear up a few points. Women argue in favour of separatism (women only events and premises) because it gives them a sense of identity in a patriarchal society, it omits any feeling of threat occasionally experienced as a result of men who behave abominably, it provides an assurance of equal understanding and reciprocal empathy, therefore a sense of security dev elops. This is to us counter productive and against the liberation of people fro m all forms of prejudice and bigotry. Feminism has evolved due to harrassment by men, role stereotyping, books/literature printed with 'he' being used for 'he' a nd 'she', women being defined by their maternal and/or domestic roles ('mothers' and 'housewives', both insulting terms), and prejudices preventing women from en only' etc. Separatism does nothing to assist the knowledge of womens' issues nor mistrust amoung men and women outside the feminist cliques. Only through the tot does it help an understanding of their rights smoung non-feminist women and men. al abolition of barriers, borders and isolation can understanding, unity and acc eptance of equality combined with an awareness of our various differences be app reclated and maintained. We do acknowledge the few but justifiable exceptions to this, for instance, services such as rape crisis and abortion/raps/wife-batterin this; we do not support apartheid in any of its' vile forms and once one starts & help centres which require a women only workforce in order to be of maximum he tering certain professional careers and areas of society. Our view, however, is Separatism by its' very nature is exclusive and thereby engenders suspicion and Separatism. Our views on feminism and womens' rights may have appeared saying 'women only' the next step is to say 'blacks only', 'whites only' Ip to those women who require them.

in the 20th century plot of land the government insists on calling Great Britain are given via the media. People are born with the ability to find other people a Homomexuality. As only one present member of The Apostles is not partly or co apparently. 1: Homosexual men and women are 'invisible', they are ignored and no ries are required in which case we are paraded publically as being pansies, dyke ople encounter and, more absurdly, that someone may be turned homosexual by meet ing other homosexual men and women. All this is insulting to our intellifence an onship and vice versa. It is wise to remember also that attraction need not be a mpletely homosexual then this is obviously a subject we are able to talk about w ith considerable authority. First of all, let us list just what we're up against recognised either by the press or the media unless scandal or shock horror sto s and perverts. 2: Childrens' sexuality is both denied and openly frowned upon confused and repressed? 3: The society we live in has invented arbitrary and innuling laws with absurd prohibitions to foist onto our minds and bodies such as regardless of whether they have sex or not and female homosexuals are suppo he authorities, 6: Educational institutions usually pretend that homosexuality d being the belief that homosexuality is merely a passing phase that some young pe m time to time? The way we see the situation is this: for a start, there must be necessary prerequisite for the relationship they are involved in. This applies to people of homosexual and heterosexual inclination. We must learn to end the a undesirable to consider oneself homosexual or heterosexual as this restricts you r view of yourself and by doing so you are accepting the lies given to you by th a homosexually inclined person may find him/herself having a heterosexual relati and therefore the terms 'homosexual' and 'heterosexual' have even less mea ning. The other myth is that of chromosome defects and other medical claptrap we is it any wonder so many people grow up to be sexually and emotionally immuture, the age of consent (male homosexuals must be over 21 before they may sleep toget sedly non-existant) and 'sexual practises act 1967' which tells us we cannot sle the last 3,000 years; this senseless hostility is a symptom of the insecurity an all homosexual men and women bordering on fanaticism from schools, parents and t faced with this irrational hatred?) and if the subject is ever raised, it is dea it with as a disease in a clinical way as if it is something that only ever happ d says little for the cess-pit brains of those who spout this drivel. Due to all these exhibitions of peoples' guilt, fear and hatred, it is not surprising that basically unhealthy and sordid scene has erupted as a reaction to the aforemen tioned - it is called the Gay Liberation Movement or Gay Pride, which only serve conform to. The Gay Pride mentality is a safety valve, an attempt at engendering solidarity against total state hostility which sadly has caused more problems th an it has solved. How can normal, working class people who find they have homose inclinations cope with the sordid and insincere calliope of discoteques, ba and pantomimes which hall the dubious title of 'the gay scene'? Supposing one doesn't see oneself as 'homosexual' even though such feelings may be present fro separatism as apartheid is counter revolutionary. Peoples' sexuality and emot ional feelings must be accepted not merely tolerated. The emphasis on the sexual must be diminished: just because two people (of either sex) wish to sleep to gether it must not automatically be assumed by those people that a sexual act is saumption that every person we meet is heterosexual. It is best to presume nothi ng so that no expectations occur, especially in friendships. It is actually most e state in all its' filthy forms of twisted morality. Just because someone is us It is most unlikely that anyone is born totally homosexual or totally heterosexu ep with someone of the same sex unless we aren't in the armed forces and are in inflicted hatred, prejudice and bigotry upon homogerual men and women for about distort ones' true identity and inflict a label on an individual for them to house not used by anybody else; 4: Every church and religious institution has There is, especially in the Western world, a policy of ridicule and aversion to oesn't exist (so how do young homosexual people cope with their identities when ens to 'other people'. 7: Various myths and lies abound, the notorious examples both sexually and non-sexually, of the opposite and of the same sex. sickness of people who run or require churches and religious institutions. 5: ually homosexual or heterosexual it does not mean that they will never change

al. Homosexuality is not a disease and has only been called so because it threat ens christian morality and the infliction by the state of male and female roles in our society. Wen and boys who are mainly homosexual are not naturally effemin ate nor are they lacking in any homoses. Women and girls who are mainly homoses ual do not possess any natural tendency towards masculinity nor again in there a ny hormone inbalance. Equally, men and women who are mainly heterosexual do not possess any natural tendency towards their cliched, stereotypical behaviour - the is a merely forced upon them by school, church, parents and the media. When we learn to accept people as equals then we will take the next evolutionary step.

Education. Learning should be a fascinating experience. Seeking knowledge should be equated with discovery, interest and joy. But it ien't, is it? Schools should be totally restructured, altered beyond recognition. Teachers are an arbitr regard the educational process as one of teaching and learning so that there is no actual distinction between teachers and pupils, both taking on each role depending on the nature of the lesson and the subject in question. The curriculum must be made aware of the so called great artists, writers, composers and scientists, but they must not be placed upon a pedestal nor forced upon the learning process for everyones potential and everyones artistic or scientific abilities and propensities should be both encouraged and, most of all, acknowledged so that the lather than being forced to idolise stuffy 19th century heroes who came from privileged backgrounds anyway.

Irrelevence Of The Present Punk Movement. We have ceased to identify ourselve B as punks or as a part of the punk movement because we don't find it possible t lowed by the punk movement which is beyond doubt conservative and ridden with ru les and laws. The method of dress, besides becoming a uniform by which people ar e expected to conform, is alienating to other people outside the punk movement w ho may possibly sympathise with the aims/ideas/aspirations of genuine members of the punk movement who are working towards revolutionary change. The punk movemen t has become little more than an image and is therefore an example of one of the main aspects of society the punk movement was originally most critical of. It has a become apparent to us the very few honest, sincere and genuine punks who don't ow is. Bands playing on a stage to an audience who pay for the experience has be en one of the basic precepts of rock and roll since 1956. Punk bands and punk au d ridicule any people who attempt to do something different to or alternative to this boring, cliched ritual, regardless of whether or not they succeed. We have o effectively carry out our projects within the restrictive, narrow framework al come under any of these headings aren't really elligable for the title 'punk' an y longer as they have become distanced and distant from what the punk movement n diences still obey these unwritten laws and fall over themselves to criticise an not enough money to be a real punk band and none of us wishes to be famous nor d o we desire fans and followers - this precludes us from acceptance by the punk e themselves with the punk movement who are working hard to abolish these rules an d demolish these prejudices but they are in a minority. However, we wish to poin lite and perhaps that's to our advantage? There are 'punks' and people who ally t out that this piece is not directed at such individuals.

The Apostles: Sean Stokes, Andy Martin, Dave Fanning, Colin Murrell, Our lite rature is the first and most important aspect of our work; a close second is the art and collage work we do and thirdly, though still importantly, is the musical area we work in. We are not a band, We don't play gigs. We shall continue to fea ture the work of people who write to us (our collaborators) but the sheer volume of material we have already received combined with our very limited financial resources means that we shall only be able to feature small examples of different peoples work for the time being until we can find a more effective method of displaying/printing the material sent to us. Please be patient if you are one of the people still waiting to see his/her work in print. The Apostles, Box 4, 136 K ingsland High Street, Hackney, London, E.8.

POETRY

COULD YOU FEEL ME?

In this drained state of alienation,
You let me down,
Pumped me up with hope,
Then turned against me with your irresponsible attitudes,
Anarchy and peace dwindling on your joint and your pint,
Your attitudes of "change",
Have left my visions empty.

Your apathy has given me strife,
For peace and anarchy doesn't exist in human beings,
Your sweat has left me sober,
Sober of an existance of a sub-culture of permissive kids,
Rebel rock for media entertainment,
They still strive on you,
Sucking you of your morality,
Sucked you dry of innocence.

Conservative moral principles killed you,
"Fuck politics" you said,
But your single-minded attitudes have conceived you,
Putting me at bay from you,
You've only yourself to blame.

Robbed me of my dignity,
I was a part of you,
Now apart from you.
"Intellectualism doesn't exist,
Long live street cred",
Again, falling into the traps of a hungry system...

Play them at their own game,
And you'll soon worry them,
It's harder for them to attack an invisible individual,
Than to attack a visible sub/youth culture full of norms and values.

Now as dawn drives near,
Nature's creatures still sleep,
But you won't awake,
Until you question your existance,
'Tis easy to be part of a sub-culture,
But not so as one individual fighting a battle,
Against his alienation?
The creation of a one-man battle,
But you won't accept my views,
'Cos they aim at something new,
Something different from you.

Wealth accumalates,
Land is bought,
Co-operatives and communes form,
"Susking a profit from passive consumers" you say,
"Then put into something good" I replied(The ALF now has massive financial aid)
A new system on another has been created,
A new community, new values, money put to the use of good,
But your old ways of life created by the media,
Still live on, but going nowhere, except on a mystery tour.

Find me, search me,

Am I the only sensitive creature who lives
Or do others possess the same qualities.

Blindly I look for you,

But you're nowhere to be found,

A new hope, a new life...

... But where?
Amongst the isolation,
I can hear you. I can see you,
But I sure can't feel you.
And if I were to touch you.
Could YOU feel me?

YOURS IN LOVE AND SOCIAL AWARENESS, PHIL (NO RESTRICTIONS 'ZINE)

-SICK MINOS

THIS IS FOR ARSEHOLES WHO DESTROY LIFE.

SKIN COLOUR WARS WITH CLUB AND KNIFE.

FIGHTING BECAUSE OF A DIFFERENT COLOUR.

OF ATHEY TAKE OUR JOBS"), ANOTHER COVER.

A LIE TAKEN IN BY TOOLS THAT ARE BLIND TOOLS THAT ARE USED BY SICKLY MINDS

BY FOOLS THAT DONT WADERSTAND ATALL
FOOLS THAT BOTICK TO THEIR OWN KIND
AN VEIW WHICH IS PROMPTED BY SICKLY MINDS

TO RIDICULE BLACKS WE THINK ITS FUN

ANECATIVE THOUGHT PASSED FROM FATHER TO SON
3 SPIT AND SHOUT ABUSE ACROSS A STREET

MEAN EVIL STARE, BOSTS ON YOUR FEET

KICK AND BEAT NOW LEAVE TO DIE

NO ONE WILL HEAR A MINORITY CRY!

4 BRITISH BULLDOC AND FACIST VEIWS
FOOL, YOU ARE BEING USED
LOOK AT HOW A BLACKMAN LIVES
IN BRITIAN THEIR TREAT WORSETHAN (PICS) ?????
NOW LOOK AT SOUTH APRICAS HISTORY
ATTITUDES THERE ARE A SIMILAR STORY

FOR RACIAL HARMONYINE MUST LEAVE BEHIND THE HARMFUL LIE OF THE SICKLY MINDS

SMASH THE



NOW

A.M

THE NUMBER 666 RECURRING

The seeds that produce a mountain

Is the growth of life

Of an existance that keeps on growing and growing

And never ending

Like the No.666 recurring

Will it go too far

For the human mind to bear?

Nature works in evolution
Whilst humans tend to work on revolution
Are we creating something too fast for nature's evolution to cope?
Or are we apart from nature's evolution status?
The world is for sure spinning around in a rage of blind drunkeness
Dizzier and dizzier it becomes a product of sickness
A sickly, vile stench that perputrates the human race

Swimming, drowning, we try to combat the sickness we created. But we were divided,
As the lumps of puke kept us apart
Some actually managed to make a clearing,
Where a small elite of the population
Got together to rule the earth
And as a result,
The earth became fatally ill.

The earth was diagnosed as unfit It's germs broke its resistance The earth started to fall apart Like someone peeling a banana. But of course society must go on But the earth cannot take it

For surely someone can help it.
But the more the germs oppress,
The more vomit is produced
And the earth's resistance will become weaker
Unless a new remedy can be given to the planet

It's the same old story of the No.666 recurring It will go on forever Until the calculator breaks down It will malfunction Like a nuclear war deastating nature Something big and destructive Shadowing over a pauper child. When will the No.666 stop recurring?

Phil.

INSPIRATION

Must find inspiration or I'll waste away
Eternal boredom as I wile away the day
I know what I want is more than just a dream
But at times it looks so distant that's how it seems

Inner peace won't come until I'm satisfied
That the hatred in my heart has withered and died
Anger can be constructive but I know it's not enough
To stop it being destructive its reason must be love

We must look at ourselves before we critisize
To understand our problems we must use our eyes
As we change our ways then we will find
That the key to a new world is an open mind

OZONE ALERT!

WHAT IS THE OZONE LAYER?

The ozone is a shell in the atmosphere of the earth in which ozone is concentrated. It is densest at altitudes of 13 to 16 miles. Produced by incoming sunlight, the ozone layer absorbs much of the solar ultra-violet radiation, thereby shielding the earth's surface.

The ozone layer protects us from skin cancers and other diseases. Extra ultra-violet radiation could also lead to increases in hepatitis, herpes and the viral leishmaniasis

THE OZONE HOLE

Two years ago British scientists found that an alarming "hole" had opened up in the zone layer above Antarctica. The hole which appears every September/October had been growing or years and the evidence had been picked up by American satellites. Unfortunately NASA's omputers had rejected the evidence as "incredible" and did not pass it to their human perators. It was not until the British Antarctic Survey's old-fashioned methods had found the ole that the satellite data was retrieved. This showed that the hole had opened and spread ith alarming suddeness since the end of the 1970's. It now seems to have stabilised, for a hile at least, with the ozone at about 60% of normal levels. But there is now evidence of esser ozone depletion spreading well below it's borders over South America. Last year Swiss cientists reported that there might be another hole growing over the Arctic. They claim that he ozone has been thinned over northern Europe as far south as Switzerland, and a new smaller ole is now suspected over Spitzbergen in the North Atlantic.

More than 10 years ago scientists first suggested that chlorofluorocarbons(CFC's) used propel aerosol sprays would damage the ozone layer. Though the theory was attacked at first nost scientists now accept it, as does the United Nations Environment Programme(UNEP). CFC's ang in the atmosphere, blocking radiated heat from escaping. This helps to create the greenhouse effect" which threatens one day to melt the polar ice-caps and submerge coastal tamp them out in aerosol cans, as the Americans did in 1978. More than half the CFC's produced we lurk elsewhere in the environment. They are used in refrigerators, air-conditioners, fire-we putting them into the atmosphere 6x faster than nature can remove them, and that is why sould be cut by 85%. Scientists believe that even a 1% depletion in the ozone layer increases tra-violet radiation.



WHAT IS BEING DONE ABOUT IT?

Substitutes to CFC's are already in development, and resistance by companies like ICI is weakening. The US, Germany and Denmark are keen to cut the release of CFC into the ozone layer, but Japan, the USSR and Britain have been reluctant to co-operate. However, now in 1988, after all the damning evidence ,CFC production is increasing once more.

WHAT CAN WE DO

BOYCOTT, as far as possible, products with CFC in them. Britain ,unlike other European countries, does not label products telling consumers if they contain CFC or not. So the easiest targets are aerosols and fast-food cartons. Other products which could be dodgy present a harder problem. Tell shopkeepers that you are boycotting the products and why you are doing so. SPREAD THE WORD::

Take various action to stop the products reaching the shop shelves.Stickers like "ozone killer" can be stuck on dodgy produce-I'll leave the rest to your imagination!!

REMEMBER: This is an issue which should have the support of almost everyone. The only people blocking the way are the chemical multinationals. The solution is simple-BAN ALL CFC'S-but a failure to find it would be disastrous...

For more information contact Friends of the Earth at;

26-28 Underwood Street London N1 7JQ Tel:01-4901555

1 Fairfax street York N. Yorks Y01 1EB Tel:0904-35896 (northern group)

Friends of the Earth Ltd. FREEPOST Mitcham Surrey CR4 9AR (donations)



Safe sprays: A guide to planet-friendly aerosols

Insecticides

For Flying Pests
Bayer Autan, Mafu Fly Spray; Betterware
Fly Killer; Boots Fly Spray; British Products
Sanmex Fly and Wasp killer; Cooper Flykiller; Domestic Fillers Big D Fly and Wasp
Killer; Fisons Horticulture Fisons Insect
Spray for Houseplants; Haventrail Provence Fly and Wasp Killer; E R Holloway
Gnome Fly Killer; ICI PPD Dragon; ICI Waspen;d; Jeyes Di-Fly; Johnson Wax Raid Dry
Fly and Wasp Killer; Kalium Buzzoff; Keen
Flying Insect Killer; Tox; Kleeneze Exterminator; Napa Doom — Moth Proofer,
Doom — Tropical Strength Fly and Wasp
Killer; Permatiex Perma; Phillips Yeast
Products Ltd Pest Kill; Rentokil Fly & Wasp
Killer; Temana Vapona Flykiller; Wellcome
Cooper Regular Flykiller.
For Crawling & Plant Pests

Cooper Regular Flykiller.

For Crawling & Plant Pests
Ashe Cooper Garden Pest Killer, Vapona
Green Arrow; Bayer Mafu Creepy Crawly;
Boots Garden Insect Killer; BP Detergents
BP 'BOP' Insect Killer; Fisons Horticulture
Fisons Insecticide for Houseplants; Gerhardt Dethlac; ICI Rapid, Sybol 2, Kerispray; Johnson Wax Raid Triple Action Ant
& Crawling Insect Killer; Keen Keen Superkill Ant & Roach Exterminator, Napa
Doom — Ant and Crawling Insect Killer,
Doom — Flea Killer; Rentokil Ant & Crawling Insect Killer,
Carpet Beetle Killer & Moth Proofer,
Cut 'n' Spray, Flea Killer, Greenthouse &
Garden Insect Killer, Houseplant Insect
Killer.

Fabric and leather treatments

Amway Drifab; Pre-Wash Laundry Spray; Domestic Fillers Big D Collars 'N' Cuffs; Jonson Wax Dry Clean, Shout; Safeway Safeway pre-Wash Stain Remover.

Shoe and Leather Polishes
Punch Leather Care, White-on-White,
Scotchguard Protector for Leather and
Suede, Leather Care, Patent Glow, Quickshine, Saddle Soap, Suede & Fabric

Water Repellents Punch Scotchguard Protector for Leather & Suede, Scotchguard Fabric Protector; Servisol Super 40.

Sargam Fire Barrier; Scholl Sneaker

Motorcycle products

Hycole Motorcyle Carb Cleaner; Motorcy-cle Chain Lube, Motorcycle Gold, Red & White Paints, Motorcycle Engine Paint -Black; Kitching Bikeguard 1 and 3; Superspray Superspray.

Paints, display and decorative

Artwork
Daier-Rowney Low-Odour Perfix; Letraset
Spray-Set; 3M Scotch Spraymount Adhesive.
Scotch Displaymount Adhesive,
Scotch Displaymount Adhesive, Scotch
Sprayfix (Mat and Gloss); RS Components

Paints
Briggs Gryphon Paint Sprays; Certified
Laboratories Certi Line; Chemsearch My
Zinc, Chem Line; English Abrasives Home
Style; RS Components Mammer Blue,
Hammer Silver, Hammer Bronze.

Miscellaneous Haventrail "Mr Snow".

Veterinary products

Pomestic Animais & Birds Johnson's Veterinary Anti-Chew, Dry Foam Shampoo, Puppy Trainer; Shaws Coat Dressing, No Stain, Repel-All.

Hair preparations

Conditioners
Alberto-Culver TCB Oil Sheen and

Alberto-Culver TCB Oil Sheen and Conditioner.
Women's Hair Sprays
Alberto-Culver Get Set Normal Hold, Get Set Dry, Get Set Super, VO5 Normal, VO5 Set Dry, Get Set Super, VO5 Normal, VO5 Hard to Hold, VO5 Extra Hard Tresemme pH natural, Salon Hairapray; Sellair Bellair Hairapray, Estolan; British Products Charm; Co-op Hair Spray Normal, Hair Spray Firm Hair Spray Haventrail Acquiesce Hair Spray; Keen Keen Firm Hold, Napa It Hair Spray; Nichol Hair Spray; Saleway Safeway Hairapray Normal, Safeway Hairapray Firm Hair Spray; Safeway Hairapray Firm Hair Spray; Statestrong Ltd Minuet (Normal and Firm Hold), Professional Touch (Normal and Firm Hold), Vof Hair Spray Normal, Hair Spray Firm.
Men's Hair Sprays and Treatments
Faberge Brut 33; Statestrong Ltd Shelley.

Setting Products
Amway Satinique; Alberto-Culver QuickAmway Satinique; Alberto-Culver Quickset Fiyaway, Body & Shine Prequent; Body &
Shine Volume Plus, Body & Shine Dry &
Damaged; Beecham Brylcreem Styling
Mousse, Silvikrin Styling Mousse, Bellair
Estolan Styling Mousse; British Products
Charm; Gateway Normal Mousse, Firm
Mousse; Napa Continental Styling
Mousse, It Styling Mousse; Sainsbury Hair
Mousse, It Styling Mousse; Sainsbury Hair
Mousse (Normal and Extra Hold); Spar
Styling Mousse Normal Mold, Styling
Mousse Firm Hold, Styling Mousse Extra
Firm Hold; Statestrong Ltd Shelley (for
men), Shelley (for women), Minuet, Professional Touch; Tip Top Normal Mousse,
Firm Mousse, Super Mousse Silk
Mousse—normal, Silk Mousse—firm; Waitrose Styling Mousse (Normal and Firm
Hold)

THIS LIST WAS IN "THE GUARDIAN" ON 1/3/88: IT IS AVAILABLE FROM FRIENDS OF THE EARTH

Automotive products

Chrome Sprays
Hycote Chrome Lock; Spectra Decorat
Chrome Paint. Corrosion Preventives

Corrosion Preventives
English Abrasives Maintex; ITW Magnatux
MSC 2770; Keen Keen Aquanol; Locitte
Locitte Permatex Solvo Rust; 3M Zinc Spray Anti- Corrosive Coating.

Spray Anti-Corressed Control De-Icers
Briggs De-Icer, British Products Sermex
Spray De-Icer, Domestic Fillers Big D De-Icer, Duckhams BP De-Icer, Duckhams
De-Icer, E.R. Holloway Gnome, Holt De-Icer, Turtle Wax Standard De-Icer, Hycote De-Icer (Water-Free), De-Icer
(Fast Action), Spectra De-Icer; Texaco
Windscreen De-Icer.
Engine Cleaners
Action Can Action Can 2, JPS Tune Up

Engine Cleaners
Action Can Action Can 2. JPS Tune Up
Formula: Briggs Carb Cleaner. Engine
Lacquer. Emulaifiable Degreaser: English
Abrasives Gunk Automotive Spray, Gunk
Foam; Holt Foambrite, Spray De-Coker.
Spectra Engine Cleaner.

Engine Enamels Hycote Engine Enamels. Engine Starters

Brigine Starters
Briggs Engine Start: Holt Cold Start, Damp
Start. Wet Start; Hycote Start It; Keen
Keen Aquanol; Loctite UK Loctite Permatex Engine Start; Spectra Everstart, OK
Spray; Start-Pilot Gasomatic, Viso-F. Unipart International Tech 2000 Wet Start.
Glass and Windscreen Cleaners
Applied Chemicals Hard Surface Cleaner;
Hycote All seasons screen wash, Clear
View Winter Screen Wash, Glass &
Screen Cleaner; Unipart International Tech
2000 Glass Cleaner, Tech 2000 Anti Mist
Soray.

Insect Removers

Dynagiaze Insect Remover; Hoit Fly
Squash Remover; Unipart International
Tech 2000 Squashed Fly Remover.

Lubricants and Penetrating Oil
Action Can WD-40; Amway Wonder Mist;
Briggs Loos'n It; Burmah-Castrol DWF; Eezit Eezit Penetrating Oil; English Abrasives
Plus Gas Formula A; Holt Rubber Lubricant, Rustola Penetrating Oil Spray; E R
Howard 3-in-1 Oil Spray, Expert; Hycote
Motor Chain Lube; Keen Keen Aquanol;
Lociite Lociite Permatex D.L.F; Loctite
Permatex Disc Brake Quiet; Simoniz
Workmate; Spectra Liquid Spanner. **Polishes**

Polishes
Dynaglaze Spray Polish; Dynaglaze Back
to Black; Holt Turtle Wax Super Aerosol
Wax; Keen Keen Furniture Polish; Simoniz
Trim and Tyre Shine; Vauxhall Silicospray.
Primers and Auto Finishes
Briggs Matt Black; Holt Dupli-Color Autospray Touch-up, Dupli-Color Special Service, Dupli-Color Panel Spray; Hycotie
Hammer Finishes, Matched Colour Spray

vice, Dupli-Color Panel Spray; Hycote Mammer Finishes, Matched Colour Spray Paints, Very High Temperature Paints, Vinyl paints; Spectra Primer (White, Grey, Red Oxide), Gloss (Black, White). Decorative Gold Paint, Heat Dispersant Paint. Matt Black, Satin Matt Black, Hammer Finish (all colours), Clear Lacquer, Plastic Primer Kit; Suzuki Suzuki Touch & Go. Linderhody Seals

Underbody Seals
Briggs Underbody Seal; Holt Spray On Undershield; Hycote Rubberised Underseal; 3M Spray Schutz, Body Gard (grey and black); Spectra Underguard, Sill guard.
Upholstery

black); Specifa Underguard, Sin guard.
Upholstery
Briggs Fabric Protector: Domestic Fillers
Big D Upholstery Cleaner: Dynaglaze
Cockpit Cleane, Cockpit Shine: Holt
Turtle Wax Lift Off Stain Remover, Turtle
Wax Shield Fabric Protector, Turtle Wax
Upholstery Cleaner, Turtle Wax Velour
Cleaner; Simoniz Dri-Cleen; Spectra Cockpit Shine; Unipart International Tech 2000
Upholstery Cleaner; Vauxhall Upholstery
cleaner;

Wheel Finishes Briggs Silver Wheel Paint; Holt Dupil-Color Wheel Paints; Hycote Gold Wheel Paints; White Wheel Paint; Spectra 5 Wheel (all colours). Wheel Proctector.

Miscellaneous
Briggs Battery Protector Indicator,
Brake/Clutch Cleaner, Metal/Mould Protector, Paint/Gasket Stripper; Dynaglaze
Air Freshener; Eezit Products Eezit Solvent Cleaner, Eezit Electronic Solvent
Cleaner, Eezit Electronic Solvent
Cleaner, Eezit Battery Protector; Hycote
Carb Cleaner, Chrome Look, Glycoblend
Anti-Freeze, Ignitton Sealer, Restore It,
Silicone Shine, Window Tint-Smoke,
Plane Care, Meiskit Slight, Black Logitie Silicone Shine, Window Tint-Smoke, Blue, Green, Wrinkle Finish-Black; Locitie UK Loctite Permatex Brake Cleaner, Locitie Permatex Carburattor Cleaner; 3M Auto Adhesive, Disc Pad Adhesive; Spectra Spark Seal, Spray Putty, Wax Injection; Sun Electric Engine cleaner CAR 80.

CONTAIN THE GASES.

Industrial products

Adhesives
Briggs Heavy Duty Adhesive, General
Purpose Adhesive; Locitle UK Locitle Permatex High Tack; LPS LPS Weld Shatter
Release; 3M Scotchgrip Spray Adhesive
(77,76,76L,75,80).

(77,76,761,75,60). Air Fresheners Briggs Lemon Tang, Bouquet, Floral. Antistatics

RS Components Anti-Static Cleaner. Belt Dr

Belt Dressings
Briggs MBD Belt Dressing; Locite UK Loc-tite Permatex Belt Dressing; LPS LPS Belt

Cleaners & Solvents

Cleaners & Solvents
Briggs Easy Clean, Electrical Motor
Cleaner Solvent, Foam Cleaner, Glass/
mirror Cleaner, Window Cleaner, Stainless Steel Cleaner/Polish, Metal Cleaner/
Polish, Oven Cleaner, No Ring Spot
Remover: Domestic Fillers Window
Cleaner, Oven Cleaner; Exit Products Electronio Cleaner & Lubricant; English Abrasives Gunk Foam, Gunk Spray, Johnson
Wax Sprint, Brillo: ITW Magnaflux Spotcheck cleaner SKC-NF/ZC7, Magnaflux
430E; Lottle UK Super Glue Xtra Activator-LPS LPS Degressant; 3M3M Troubleshooter Cleaner; RS Components Foam
Cleaner.

Flaw Detection
Briggs Leak Detector; ITW Magnatlux Spotcheck Cleaner SKC-NF ZC7; Penetone

Dye Penetrant.
Hand Preparations
Briggs Hand Cleaner, Barrier Cream.
Institutional

Cleenol Cleenaire: Domestic Fillers Air Freshener—Anti-Tobacco, Air Freshener—Bouquet; Johnson Wax Glad Dry. neacticida

Insecticides
Cleenol Fly Killer; Johnson Wax Raid (flying Insect killer), Raid (residual crawling insect killer), Reen Keen Flying Insect Killer, Keen Superkill Ant & Roach Exterminator; Wellcome Cooper Regular Flykiller.
Insulation
Egit Products Easit Clear Lacquer.
Lubricants & Mould Releases
Briggs White Spray Gresse, Copper High Temp Lube, Aluminium Brush On Lube, Copper Brush On Lube, Anti Corrosive De-Watering Film, Resin Based PTFE
Film, Release Penetrant, Silicone Release
Agent Molybdenum Disulphide; Dow Cor-Agent Molybdenum Disulphide; Dow Cor-Agent Molybdenum Disulphide; Dow Cor-ning Molykote 3402 OH. Eezit Products Chain Lubricant; Applied Chemicals 7128; Loctite UK Loctite Permatex Silicone Lu-bricant; LPS Molyslip LPS Oxy Lubricant.

Marking Products Briggs Line Marking (all colours); Rust-Oleum Hard Hat Marking Paints.

Painte Paints
Briggs Black Paint (Matt, Satin Gloss). Silver Paint (Bright and Medium). Blue
Strippable Coating: Rust-Oleum Hard Hat
Topcoats, Hard Hat Fluorescents, Bar-B-Q-Black, Hard Hat Stripping Paints

Polishes
Briggs Cleaner Polish, Medium Wax Polish, High Wax Polish; Chenol Hishine: Domestic Filler Furniture Polish, Super Polish; Jeyes Ltd (Industrial) Clean Shine:
Johnson Wax Super Pledge; Keen Keen
Wax Furniture Polish; RS Components
Foam Polish; Walker Lunt Rotopol; Wellcome HIFI Polish;

Penetrating Oils
Dow Corning Molykote Supergliss; Keen
Keen Aquenol; Roco, Easytec.

Rust Preventatives, etc Chemsearch Refinish Aluminium, AL217; ITW Magnaliux MSC-2770; Keen Keen Aquanot; LPS LPS1, LPS LPS2; Rocol Ro-col Strippable Coating Spray; Rust-Oleum **Hard Hat Primers**

Strippers
Briggs Paint Strippers; Rust-Oleum Paint

Strippe

Textile Handling Aids Briggs Fabric Cleaner;Keen Keen Aquanol

Ronson Hi-Heat; Briggs Anti Static.

Cosmetics and toiletries

Antiperspirants and Deodorants

Family
Amway Deter Antiperspirant spray, Tonga
Sarau Deodorant; Bellair Cool 'n' dry, Spray Deodorant; Bellair Cool 'n' dry, Fresh 'n' Cool; Keen Zeste Fragrant;Sains-bury Family; Spar Spar Antiperspirant; Tip Top Tip Top Antiperspirant.

British Products Blue Ridge (extra dry antiperspirant); Blue Ridge (deodorant); Cache
D'Or Cache D'Or; Coty-Goya Cedar Wood
Body Spray; Faberge Brut 33 Body Spray;
Brut 33 Deodorant, Brut 33 Antiperspirant, Brut 33 Musik Deodorant, Brut 33
Musik, Antiperspirant, Turbo; Haventrail
Lld Clubman Antiperspirant, Medicare
Medicare Body Sprays for Men; Playboy
Playboy Antiperspirant, Playboy Body
Spray, Playboy Deo-cologne; Sainsburty
Antiperspirant for Men; Share Drug Share
Drug Body #pray (Bali, Capri, LA, Rio);
Drug Body #pray (Bali, Capri, LA, Rio); Drug Body Apray (Bali, Capri, LA, Rio); Statestrong Ltd Shelley.

For Women
British Products Charm (body spray d ants), Charm (antiperspirants); Chese-brough-Ponds Cachet Deodorant Aerosol; brough-Ponds Cachet Deodorant Aerosol; Co-op Sheer Silk Body Spray (Jade; Ame-thyst, Turquoise); Coty-Goya Body Sprays (ell fragrances); Haventrail Expose Body Sprays; Expose; Napa it Perfume Body Sprays; Sainsbury Antiperspirant Deodor-ant; Statestrong Ltd Shelley, Voodoo; Tip Top Tip Top Antiperspirant, Blue Mist, Tip Top Tip Top Antiperspirant, Pink Mist Depliatories Carter Wallace Nair; International Chemicals: Immac Regular, Immac Lemo; Richards &

Immac Regular, Immac Lemo; Richards &,
Appleby Legs In Action; Scholl Smooth
Touch Moisturising Legshave Mousse.
Foot Proparations
Scholl Foot Refresher Spray, Cooling Foot

Spray.

Hand Lotions
Amway Allano Hand & Body Lotion.
Insect Repellants
Bayer Autan.

maect Nepellants
Bayer Autan.

Lens Cleaners
Amway Clean 'N' Clear.
Pertumes and Toilet Waters
Max Factor Le Jardin.
Shave Creams
Asda Asda Shave Foam Regular, Asda
Shave Foam Cologne, Asda Shave Foam,
Sensitive Skin; Beecham Brylcream
Shave Foam; Bools Boots for Men Shave
Foam; Bint Shave Foam; British Products
Blue Ridge; Colgate-Palmolive Palmolive
Rapid Shave Regular, Palmolive Rapid
Shave Spice Fragrance, Palmolive Rapid
Shave Spice Fragrance, Palmolive Rapid
Shave Spice Fragrance, Palmolive Rapid
Shave Foam, Lemon Shave Foam; Elida
Gibbs Erasmic Superfoam, Denim; Faberge Brut 33 Creme Shave, Turbo; Gateway Shave Foam Cologne, Gateway
Shave Foam Cologne, Gateway
Shave Foam Cologne, Gateway
Shave Foam Sensitive Skins; Gillette
Foamy, Special, Contour; Goya Cedar
Wood Foam Shave, Matchroom Foam
Shave; Haventrail Clubman Shaving
Foam; Playboy Playboy Shave Foam;
Sainsbury Shaving Foam (Regular and
Sensitive Skin); Shulton Old Spice Smooth
Shave, Blue Stratos Smooth Shave, Insignia; Tesco Tesco Shaving Foam (Regular
and Citrus); Waitrose Shaving Foam
Skin Care Products
RoC Wrinkle Treatment Emulsion for Dry
Skin, Wrinkle Treatment Emulsion for Dry
Skin, Wrinkle Treatment Emulsion for Dry
Normal/ Combination Skin.
Sun Tan Preparations
Charles of the Ritz Ritz Bronze Self Tan-

Sun Tan Preparations

Charles of the Ritz Ritz Bronze Self Tan-ning Foam; Statestrong Ltd Shelley Legs

Miscellaneous Amway Sweet Shot; Beecham Fenjal Body

Household products

Carpet and Upholstery Cleaners
Domestic Fillers Big D Carpet Cleaners; Johnson Wax Glory.

Cleanol Speed Clean; E R Howard Brite 'N' Clean; Kleeneze Household Cleanser; 3M Scotchbrite Systems Spray Cleaner A-101; Odex Odex Clean Foam.

101; Odex Odex Cream Foam.

Fire Extinguishers

Kleeneze Fire Extinguisher.

Furniture Polish
Amway Buff-up Furniture Polish; Applied
Chemicals 1-23; Asda Wax Polish (Natu-Chemicals 1-23; Asda Wax Polish (Natural, Lemon, Lavender); Boots Beeswax Polish; Bowmar Hall Furniture Polish; Briggs Anti-Quax Wax; British Products Sarmex Polish (Lavender, Lemon and Natural), Charm, Charm Spray Shine; Coop All Purpose Polish, Beeswax Polish, Clean & Shine Polish, Furniture Polish; Furniture Polish; Furniture Polish; Diversey Handipak Furniture Polish; Diversey Handipak Furniture Polish; Diversey Handipak Furniture Polish; Diversey Pack Clean & Shine; Galeway Furniture Polish, Multi Purpose Polish; Haventrail Provence Furniture Polish, Provence.

Provence: E.R. Howard Topps Tesk Oil Spray, Topps Original English-Lemon, Topps Original English-Lavender, Topps Original English-Traditional: Jeyes Jey-brite Wood Polish; John Lewis Jonelle brite Wood Polish; John Lewis Jonelle Furniture Polish; Johnson Wax Pledge, Teak Wood Care; Keen Glowman, Medi-care Beeswax Polish; Mrs Mop Beeswax care Beeswax Polish; Mrs Mop Beeswax PolishNew Hygiene; Scentinel Silicone Wax Spray Polish; NIB Realty Nice; Nichol Deep Glow Polish, Nichol Supershine; Odex Spray Polish; Safeway Fine Wood Beeswax Polish, Furniture Polish, Shine; Sainsbury Clean & Shine; Beeswax Polish; Lavender Spray Furniture Polish; Spar Beeswax Polish, Spar Household Cleaner, Spar Furniture Polish; Supershine Polish; Tosco Tesco Furniture Polish; Thomas Queen Bee Polish; VG Beeswax Polish; Furniture Polish; Waitrose ish; Thomas Queen Bee Polish; VG Bees-wax Polish, Furniture Polish; Waitrose Furniture Polish (Lemon and Lavender); Wellcome HI-Fi Polish. Gardening Sprays Fisons Fisons Lawn Spot Weader; Horticul-ture Rentokii Path & Patio Weed Killer.

ture Rentokii Path & Patio Weed Killer.
Hard Surface Cleaners
Asda Multipurpose Polish; Boots Multipurpose Polish; Bowmar Hail Stainless Steel
Cleaner; Bristol-Myers Mr Muscle; Co-op
Co-op Clean 'n' Shlne, Silky Supershine;
Haventrail Provence; E R Howard Spray 'N'
Klean. Jeyes Clean Shine; Johnson Wax
Sparkle Antistatic; Keen Keen Easilife;
Kleeneze Household Cleanser; Medicare
Clean and Shine; Mrs Mop Clean and
Shine; Nichol Supershine; Odex Odex
Clean & Shine, Clean Foam; Saleway All
Purpose Polish; Servisol Foam Cleaner; Clean & Shine, Clean Foam; Saleway All Purpose Polish; Servisol Foam Cleaner; Share Drug Clean and Shine; Spar Super-shine; Waitrose Clean and Shine. Oven Cleaners Bristol-Myers Mr Muscle; British Products

 $\Box \Box$

Sammex Oven Cleaner; Donestic Files Oven Cleaner; E R Howard Easy off; Kleen-off Oven Cleaner; Keen Keen Oven Cleaner; Mrs Mop Mrs Mop Oven Cleaner; Safeway Safeway Oven Cleaner.

Room Fresheners
Amway Green Meadows; Asda Dry Air
Fresh; Bayer Bayfresh; Betterward Country Garden; Boots Air freshener, Boots Air
Freshener; Bowmar Riviera Airfresh
Lords Airfresh; BP Detergents BP Air
Freshener; Bortish Products Charm Air
Freshener, Sritish Products Charm Air
Freshener, Sanmex Air Freshener;
Cromessol Air Freshener; Co-op Dry Air
Freshener, Original Air Freshener, Silky
Dry Air Freshener; Cooper Freshaire (all
fragrances); Domestic Fillers Big D Air
Freshener, Big D Air Freshener Dry, Carpet Freshener (Bouquet & Lavender);
Fine Fare Yellow Pack Airfresh; Gateway
Air Freshener; Howarta Frovence Air
Freshener; E R Holloway Gnome Air
Freshener; E R Howard Wizard Spring
Bouquet, Wizard English Rose, Wizard
Lavender, Wizard Bathroom, Wizard Carnation, Wizard Freesia; Jeyes Airzone;
Johnson Wax Glade, Glade Dry; Keen Deodorising Air Freshener, Keen Fragrant
Air Freshener, Keen Jasmine Air, Lemon,
Zeste; Kleeneze Citrus Mist; Medicare Air
Fresh; Mrs Mop Dry Air Fresh; Napa Brocade Air Freshener, Odex Fresh Air, Permafresh; Mrs Mop Dry Air Fresh; Odex Air &
Fabric Freshener, Odex Fresh Air, Permafresh; Mrs Mop Dry Air Fresh; Odex Air &
Fabric Freshener, Temana Cooper Freshaire; Tesco Dry Air Fresh, Premium Air
Freshener; Tip Top Dry Air Fresh; Wellcome Freshaire. Freshener; Tip come Freshaire.

Starches Boots Spray Starch: Bowmar Hail Starch: British Products Sarmex Starch; Co-op Silky Starch, Spray Starch; Domestic Fili-ers Big D Starch; Haventrail Provence; E R Howard Easy On; John Lewis Jonelle Spray Starch; Keen Keen Spray Starch; Medi-care Spray Starch; Nichol Spray Starch; Saleway Safeway Spray Starch; Saleway Safeway Spray Starch; Spray Starch; Share Drug Spray Starch; Waitrose Spray Starch.

Window Cleaners
Amway See Spray: Briggs Antiquax Chandeller and Glass Cleaner; British Products
Sarmax Window Cleaner; Cleenol Window
Cleaner, Deb Debby Glass Cleaner; Domestic Fillers Big D Window Cleaner, Pink
Window Cleaner Liquid; Mrs Mop Window
Cleaner

Domestic Fillers Disinfectant Deepine; EPI-gas Gas Cartridge; Sun Electric Rocket WD-40; Taymar Gas Cartridge (RF80, WD-40; Tayn RF89, 3500).

9

Smokers' requisites

Cigarette Gas Lighter Refills
British Products Dis; Bryant & May Swan,
Clipper; Domestic Fillers Gas Refills; E R
Holloway Genome Lighter Fuel, Lytagas;
Keen Craftsman Refill, Imco Refill, Newport Refill, Hadson Refill, London Refill,
Corona Refill, Sarome, Falcon, Calor,
Win, BF Gas; Nichol Butane Gas Refill;
Permallex Flexolite Gas, Flexolite Universal Gas, Permagas-MCA, Purafisme,
Flexolite; Ronson Mutti-fill.

PRESSURE ON THE COMPANIES RESPONSIBLE IS GROWING: ELIDA GIBBS CWHO AMONGST OTHER THINGS , PRODUCE IMPULSE AND HARMONY SPRAYS), HAVE SAID THEY WILL PHASE OUT CFC PRODUCTS. SAFEWAYS AND SAINSBURYS ARE REMOVING CFC'S FROM THEIR OWN LABEL RANGE, BUT NEITHER STORE S PREPARED TO STOP STOCKING BRANDED PRODUCTS WHICH.

ON THE DOLE

There aren't 4 million unemployed. They just don't care to work. There are jobs if they want them. They only have to look.

You do not exist.
You have no job-no label.
Without the box confining you.
You float-undefined.

You are aimless, you are nameless. Unseen, unheard, unnoticed. You don't fit. We don't want you. We don't care, don't want to know.

There aren't really 4 million unemployed.

There's more-caught and lost in the maze

Of new schemes courtesy of our caring government.

You're not even a number in the statistics anymore.

Jacqui Finn Dec '87

"THE WEALTH OF NATIONS"

Trendy accountant acted out In ad for yuppie bank account: Interest lucrative and fair: Accountant smiled with synthetic air. A strand of emerald cloud Stretched across the evening sun Like nasal mucus; and, head bowed, The failed suicide clenched his fist in the dark. The businessman with a perforated ulcer Doubled up in agony. The judge called the A.L.F "Enemies of society". The soft-porn newspaper said rapists should hang... And the blood-speckled balance sheet Records optimistically The growth of the bloody economy.

Robert Yates

Black and White, Or is it?

Who am I to be moved in my luxury, my liberalism, my concern is patrony.

My beliefs-mere shadows, inconsequential as the wind breathing through someones hair, as they stand resolute,

and truly risk all
For they have everything to risk
For they have precious little to lose.

And I am a part

a subscriber
A benefactor of their labours and their
ancestors labours before them
And we recognise none of it
But arrogantly claim it all as our birthright
Ours by us created and therefore ours to squander.

And I do nothing or do I?

Jacqui Finn

more poetry

I've already got my legs a little podgie nose
And at the end of my feet are what you call toes
Where are we going I wonder today
On the bus in the bath or far away
Bang through two doors all the people in green
If they hurt you mummy run and scream
They're hurting me mummy they're pulling me apart
My arms my legs they're stretching my heart
Goodbye mummy-mummy goodbye
Thanks for trying but I won't see the sky
I won't see the birds the grass or the trees
I won't even feel the cool summer breeze
I loved you mummy I really did do
And I hope dear mummy that you loved me too

me

S.

0

pair

bright

blue

TO MY EX-GIRLFRIEND

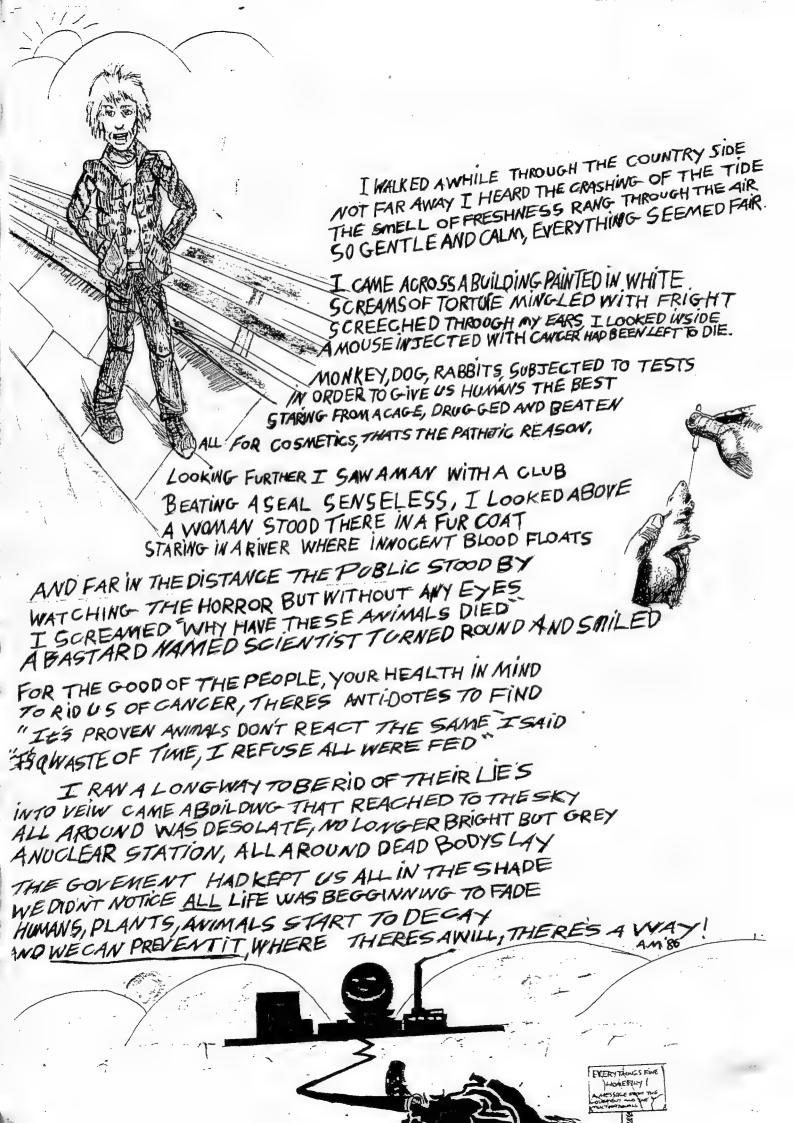
In your little
Policed world
You protect yourself
With cases
Against a person
You promised
Was your friend

I have no need For this shit My life is Complicated Enough as It is

You don't need To make it worse You don't have To make it worse

But you did.

Pete Nov. 87



The Housemartins

I decided to interview this band as a change from the usual fanzine material, and also to see if they are sincere in what they are doing or not. Has Guernica sold out? Have the Housemartins sold out? For all this and more, read on...

PAUL HEATON: VOCALS AND HARMONICA

STAN CULLIMORE: GUITAR AND VOCALS

NORMAN COOK: BASS AND VOCALS

DAVE HEMINGWAY: DRUMS AND VOCALS

WHAT WAS THE INSPIRATION BEHIND THE HOUSEMARTINS, AND HOW AND WHEN DID YOU FORM?

The inspiration was just to make music really and we was formed in late 1984 as a fourpiece. There was a political thing as well, it was during the miner's strike and so we were very political at the time, so there was that inspiration behind it.

WHY DID YOUR OLD DRUMMER LEAVE THE BAND?

The explanation he gave to the band was that he was generally sort of pissed off with the music business and his position and what he was doing personally and all that sort of stuff. He didn't like doing most of the things that the job entails.

AS THE BAND IS MORE FAMOUS NOW, DO YOU FEEL YOU HAVE TO COMPROMISE SOME OF YOUR VALUES, OR TONE THEM DOWN-OR DO YOU THINK POPULARITY HELPS YOU SAY WHAT YOU WANT?

I did feel that popularity helped us say pretty much what we wanted. I've toned down some of the things I've said simply because simply because I've said them so many times before and I try to say them in a different way I suppose. I don't know if they're toned down or anything. I don't know, there's been a couple of things where I've thought well physical violence could ensue from this as I'm a recognised face locally, and I've worded it perhaps a little more carefully than I would've a year ago before my face was all over the papers and television and shit.

YOUR NEW ALBUM, "THE PEOPLE WHO GRINNED THEMSELVES TO DEATH", HAS SOME STRONG LYRICS IN IT. WHERE DO YOU GET THE IDEAS BEHIND THE SONGS?

Personal experience or just personal judgement. I was looking back over the old text books I used to keep at school, and there are some pretty strong words in there, and I think it's just gone down. I think I've always written things down. Although I didn't look through those like my lyrics, I think you tend to fall back on your history as a human being.

DOES THE BAND THINK THAT THE MESSAGE WITHIN A SONG IS AS IMPORTANT AS THE MUSIC ITSELF? WHAT DO YOU THINK OF CHARACTERS LIKE BOY GEORGE, SIMON LE BON, WHITNEY HOUSTON ETC?

I've always thought they was of equal importance. I've never been able to listen to straightforward political lyrics without there being a melody. I didn'r like the thrash bands during punk but I did like bands like the Clash. I don't like straightforward melody music much. Well I don't know I do. When it comes to politics I think it's important to give people something other than just politics and give them something to actually listen to other than just politics.

I think to the intelligent part of the population I think they're pretty see-through, people understand that they're phoney, plastic music, and they'll take it for what it isdisposible and transparent. Well obviously I don't agree with them, I mean music does sell and it does seem to fit together (referring to Housemartins music). I don't think anyone listens to it and thinks "Christ, that doesn't fit together", "That sounds a bit unusual". It fits perfectly really, it just sounds like any other pop band really. It doesn't stick out that much on the radio

IN YOUR NEW LP, A LOT OF THE LYRICS EXPRESS A DISGUST OF INEQUALITY AND A (VIOLENT?)DISLIKE OF THE TRENDY RICH(CORRECT ME IF I'M WRONG). HOW CAN THIS SITUATION BE CHANGED? WHAT DO YOU THINK OF ANARCHISM?

I'll answer the second part. A lot of lyrics were-I don't know what word to use-anarchistic. With anarchistic destruction in mind as an option sort of thing. I suppose they were in preparation for the election really.

I haven't really pinned me colours in the anarchy corner before but I have got quite a few links with ideas like that. I've got leanings but quite simply don't get on with anarchists really.

The People Who Grinned, Themserves To Darki.
They smilled so mich and waves their flags.
As she saluted to the military-band.
Most of the people failed to see.
She had a broken bottle in the other hand.
And she book them by surgness.
When she took them by surgness.
When she took them by surgness.
When she took them by the throat,
And salon. My femdyly or to not alloped to vote?
But they shoek in all off.
Who a time, "she said "Till let those people shook.
Chorus.
The people who grimmed themserves to death.
Smiled so much they failed to take a breath.
And even when their kips were slawing.
Then all thought the queen was charming.
She politished all upon the wall.

And can her bands right through her hair 50 if the lady took the time to call All the houses on the steet would not compail And she thought it really hundy That she hadn't any money But those she looked us to, they had.

AND THERE'S MORE ...

... because I don't believe in dropping out as such, which a lot of anarchists do believe in. I'm not exactly sure how to change socety, I've always thought that it would come with a mixture of reformism and direct action against the state. I've had a lot of arguments with people who believe in revolution or reformism who can't understand that both can happen. They have happened in the past and will carry on doing so.I think gradually we'll just progress. Voilence against the state definitely helps progression.

SOME SHOPS SELL YOUR RECORDS FOR £6.50(LIKE HMV), AND A LOT OF PEOPLE WOULD

We another speed. State the tree state of the confusion in the seal of the seal of the confusion in the seal of SOME SHOPS SELL YOUR RECORDS FOR £6.50(LIKE HMV), AND A LOT OF PEOPLE WOULD MERCHANDISE?

No I wouldn't mind at all, especially not a record, as long as you get away with it. I don't give a toss, but I think pirating might be a little bit different, because with pirating we're not in control of quality; which quite often means you'll get a duff shirt or a duff tape with a lot of surface noise on it. But actual straightforward theft of something that is meant to be ours is fair enough, because it's not purely ours a lot of it is the record company's product really, and we're the workforce claiming a percentage out of it:so it's gonna hit the record company more than anyone else. All this shit about, "Home-taping is killing music"; it's not affecting my profit margins that much. I don't feel pillaged at all by home taping. It's as a result of high record prices, and high record prices are killing home taping, no!, high record prices are killing music basicall Phase at they Phase at they Phase at they Phase at they mean is, "Home taping is cutting down on our profit margins"-that's what it should say on the inner sleeve. So it doesn't bother me at all; good luck if you're trying to nick summat as long as the quality is all right-the same with pirating.

WHY ARE THE BAND STILL BASED IN HULL? ARE YOUR ROOTS FIRMLY IN THE NORTH?

Where's this letter from? (Sean tells him). I just find it preferable all round Please on towards you and start to mount in thousands on socially, business-wise, everything. There's an element of inconvenience when you're first setting out on the road to London and you've got to sell yourself and get a record contract. It's a lot of strain going up and down but once you've sold the name there's no reason to go. I mean I'm sure Frankie Goes To Hollywood could live in Liverpool and could get journalists up and show them Liverpool. A lot of bands don't choose to do that and they choose to move to London. I mean this is nothing against London in particular but it's just the way things are, I just prefer living herealways have done and always will probably.

WHAT DO YOU THINK OF THE MAINSTREAM PRESS? HAVE THEY PRINTED ANY OUTRIGHT LIES ABOUT YOU?

What I thought about the mainstream press is pretty much what I think of them now(the same that is). The fact that they have printed lies hasn't changed my opinion on them.

I was out with Steve and we had a bit of a we had a bit of a fracas with a bouncer and a month or so later it appeared in The Sun, which is the only one guilty of printing out and out lies. It appeared that I'd been beaten up by nazi skinheads and the word spread around and most people thought I had been, including relatives. That's quite a good example.

IS YOUR KIDS FOOTY TEAM STILL GOING?

It was almost like a club with 3 teams, Ithink there's only one team left now. But they're top of the league, I don't want to rub it in but they're top of the league. I should've cut it out of the local sports mail but they're top of the league for the first time in their history I think. They're a very good side, me and me dad went to watch them the other week and they played brilliantly. It was 2-all and it was a ding-dong battle, yeah it was a very good match, they've definitely improved.

ANYTHING YOU WANT TO SAY TO THE SEETHING MASSES OUT HERE?

Seething masses, is that the name of the fanzine? (He is enlightened). Well I haven't been to Guernica but I have been to Belsheet (??) which is a similar sort of place. Well I hope the zine sells well and the free Housemartins tape that goes with it.

This interview took place on 20/11/87 with Paul Heaton, with questions by Nick being asked and put onto tape by Sean Welch. Many thanks to Paul and Sean and also thanks to Janice for sending it back. Still haven't got the free Housemartins tape though...

Their adress to write to is; 173 Newland Avenue, Hull Hot 2EP the housemartins have now split up (june 88)

Me and the farmer get on fine. Phrough scorm, weather and bottle. 11 pull this weight he II freat one we But at 1 m, ate he is give me his

Do you remember the good old days. An empty of mach and a free-stance. Do you temember how if used to be? The walking dead in the factors.

You don't warr the sack.
Then don't noth your cap

BITS AND BOBS

AS PROMISED IN ISSUE ONE HERE'S A COPY OF THE BUST CARD FROM RELEASE, SHOWING RIGHT'S IF YOU ARE ARRESTED:

release

RIGHTS ON ARREST CARD

For information and help in dealing with the Police, the criminal courts or drug problems, contact:-

01~603 8654

(24 Hour emergency — operator referral) In practice, you have few enforceable rights against the police: even evidence illegally obtained by them can be used against you in Court. REMEMBER:

- 1. Don't get drawn into conversations with the police. Even apparently innocent remarks can be used against you. You do not have to say or write anything, or sign any statement. You have the right to refuse to answer all police questions, and most people are better off remaining silent when being questioned by the police. If the police suspect you have committed any offence, you can be arrested if you refuse to give your name and address, or if the police airen't satisfied with the address you have quiven. address you have given.
- If in doubt, do and say nothing until you have contacted your solicitor, Release, or the Duty Solicitor
- If anything you ask for is refused, ask why and remember the reason given.
- remember the reason given.

 As soon as possible, make full notes of what has happened and give them to your solicitor. These can be used as evidence in court. If you have been injured, go and see a doctor as soon as possible, giving a full explanation of your injuries.

ON THE STREET -- IF YOU ARE STOPPED:

- ON THE STREET IF YOU ARE STOPPED:

 1. Check police identity: ask to see their warrant card, and remember any details. If they are unformed, remember their numbers.

 2. If you are stopped and searched in the street, ask why. The police can stop you in any public place if they suspect that you are in possession of 'prohibited articles' such as offensive weapons, stolen goods. On the street, the police can only search outer clothing such as coats, gloves etc. If the police suspect that you are in

possession of illegal drugs, the police can take you to a police station for a more thorough search without formally arresting you Police should show evidence of identity before searching you, and must keep a record of the search. IF YOU ARE TAKEN TO A POLICE STATION:

- 1 Don't rely on any legal advice the police offer
- you.

 2. Ask if you have been arrested, and if so, why. Ask to see the custody officer as soon as you arrive at the police station, and make sure that the starting time of your detention is correctly recorded. Remember that the reason for your arrest and detention is recorded at the top of the police custody record, as is the need for the police to ask whether you need a solicitor or relative informed. Make sure you know why you're being held The nature of the possible charge determines your entitlement to rights in the police station.

 3. Ask the custody officer to phone your solicitor.
- the police station.

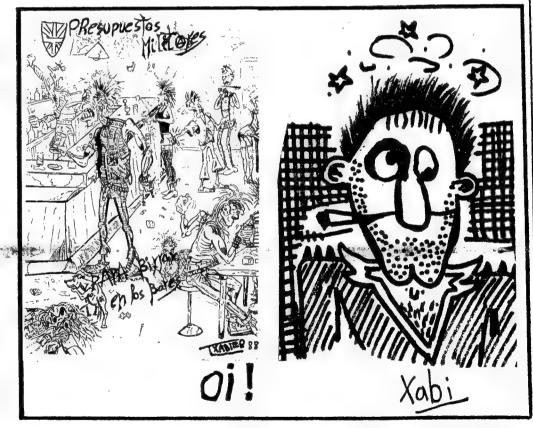
 3. Ask the custody officer to phone your solicitor, the Duty solicitor, or Release, Insist that a friend or relative is informed of your arrest. You have the right to have someone informed without delay unless you are being detained in connection with a 'serious arrestable offence' (P.A.C.E. Act section 56). If you are being held in connection with a 'serious' offence, police can delay access to solicitors and relatives in specific circumstances. If they do refuse access, ask why, and insist that the reason is recorded on your custody sheet. Even if the police are confident that there are grounds for refusing access to a solicitor or relatives, they have to allow access before 36 hours has expired.
- Ask to be charged or released. Unless you are suspected of a 'serious' offence, you must be

released or charged within 24 hours of detention, and you have the right to consult a solicitor at any time. Make sure that you request to see a solicitor and the time of the request is recorded by the custody officer. Whatever the police say, you should NEVER sign the custody sheet saying you don't want to see a solicitor. Insist on seeing one if you are held in connection with a serious' offence, you can be held for up to 36 hours without access to a solicitor, without being charged, if certain conditions are satisfied. For guidance, ask the police for their codes of conduct on detention. You have the right to see a solicitor, and a magistrate may order your continued detention in the police station for up to 96 hours, with a series of reviews. If, after 96 hours you have still not been charged, you have the right to be released. In order to get bail (i.e. released from the police released or charged within 24 hours of deten-

In the decleased is the control of the police station before going to court) you will probably have to satisfy the police that you have a fixed address. REMEMBER – DO NOT SAY ANY-THING TO THE POLICE UNTIL YOU HAVE SEEN A SOLICITOR IF YOUR HOME OR WORKPLACE IS TO BE THE POUR HOME OR WORKPLACE IS TO BE IF YOUR HOME OR WORKPLACE IS TO BE SEARCHED: The police do not need a warrant or your permission to enter your home insorder to arrest someone, but in theory, they should name the person sought. Searches can sometimes be conducted without a warrant, but in all cases you should ask the police to identify themselves, and ask the reason for the search. You are entitled to see a copy of the search warrant.

If you need to see us, please ring first for an appointment

RELEASE, 169 Commercial Street, London E1 6BW (01 377 5905) (Monday-Friday 10 a.m.-6 p.m.)





173 NEWLAND AVENUE, HULL HUS 2EP.

CONTACT THE HOUSEMARTINS AT THE

HOUSE OF STRANGENESS

DYING FOR A DRINK ? - State Sanctified Social Substances

Icohol, the "socially acceptable" drug is now Britains' third largest killer behind heart lisease and cancer. It costs £2 billion a year, in hospital bills , absenteeism from work and road accidents. Estimates put alcohol related deaths between 4000-40000. The average for every person over 15 is 239 pints of beer, 9 pints of spirits, 25pints of wine and 12 pints of cider

Alcohol is responsible for 52% of deaths by fire. 62% of serious head injuries to males. 45% of fatal road accidents involving young people. 33.3% of domestic accidents and 30% of all

irownings!

500,000 alcoholics! Just imagine the pain their families must suffer; but (for me) the most lamning inditement against alcohol is that it is sanctified by the government. Booze makes you stupid! -it stays in your body long after it's more noticable effects wear off-so you stay 'stupified' for days! Capitalists smile with glee each time an addict buys a bottle if you can't stop drinking booze-or won't-you're an addict!) and again the government cashes in gleaning yet more tax from the income of drinkers, that helps perpetuate the slimy, rancid rotten bag of poot called the nation state! All those bombs paid for by drinking a toxic

Aggressive Irrational

behaviour, violence,

Chronic coughing,

reduced resistance

depression >

throat cancer

liver cancer

tingling fingers

leading to falls

Blackouts, serious

Puffy eyes, 'drinkers nose', looking older

Vitamin deficiency,

of the stomach

function:

In women: unwanted

pregnancies

In men: impaired sexual performance, impotence

severe inflammation

Impaired kidney

Cancer of the

oesophagus

Heart failure

memory loss

and ultimately) deadly substance.

Smoke Screen

However, we must not let ourselves forget that alcohol has a partner-Tobacco! This wonderful substance(a known carcinogen) is now cheaper (relative to the average wage) than at any time Frequent colds, since 1945! Advertising is as heavy as ever-sports to infection benefit greatly- getting more and more young people Cirrhosis & nooked(as older smokers simply die out!) Nicotine is the most addictive drug known to science!-many ex-herion addicts say it's harder stopping smoking Trembling hands, than to stop doing herion! An estimated 50,000 (that's a government statistic so it's probably the lower estimate...) die early from cigarette smoking mainly due to lung cancer, bronchitis and heart Impaired sensation disease. Smoking tobacco remains by far the main cause of preventable ill health in Britain todayit's responsible for 1 in 3 of all deaths from Numb, tingling toes cancer.

For every 1000 male teenagers who take up smoking on average,

1 will meet a violent death

6 will die in road accidents

and 250 will die before their time from smoking

And once again the government along with several large multinationals make a vast profit. HM Government make an estimated £4-5 billion a year (2 a dozen trident/cruise or several dozen hospitals/council estates/renewable energy power stations) whilst people in the so called third world are forced to grow tobacco.as a cash crop.on plantations.thus denying hungry and deprived people of valuable arable land... Morally, physically and financially tobacco and alcohol make no sense.

Don't give the bastards your money!

Calvy.

HERBAL REMEDY SPOT: I've found a good herbal remedy for colds is a tea infusion of yarrow, coltsfoot, peppermint, elderflower and hibiscus (a couple of tablespoons is more than enough). Add to this some garlic and ginger with honey and lemon to taste, leave to brew for 10 minutes or so and then drink. I have tit is better to take the tea just before sleeping. AS a sweat remedy it concentrates on drawing the cold out of your system(often thru' a slight fever)instead of just drugging the symptons with antibiotic shit .Be prepared to feel slightly worse before you start to feel better but once the cold has gone you will be left with a strengthened immunity system capable of better virus resistance unaided by synthetic drugs. Mich. * found

A MEASURE OF INSECURITY "GOD IS A MEASURE OF OUR OWN INSECURITY.." OR SO GOEAS THE ICONS OF FILTH SONG. OUR.OF COURSE MEANS US AS A GENERALLY SPEAKING, GOD-FEARING SOCIETY. MOST PEOPLE READING THIS WILL PROBABLY BE INVOLVED IN THE 'PUNK' MOVEMENT IN ONE WAY OR OTHER. SO 'US' IN THIS CASE WILL BE A REFER-ENCE TO OURSELVES THE 'PUNK' MOVEMENT(?). TAKE A LOOK AT OUR MOVEMENT. THINK ABOUT OUR OWN INSECURITY. YOUR AVERAGE GIG IS A GOOD PLACE TO START. WHAT DO YOU SEE WHEN YOU ENTER THE VENUE? PROPLE SITTING, PROPLE STINDING, SKINS, METALHEADS, SPIKEYTOPS, HIPPIES IN FACT A WIDE RA-NGE OF DIFFERENT FOLK. (EXCUSE ALL THE LABELS) THE THING THEY ALL HAVE IN COMMON IS THAT GLASS BEAKER OF ALCOHOLIC LIQUID (APART FROM THE ODD PERSON) THEIR HOLDING ON TO LIKE TEIR LIFE DE-PENDS ON IT. AND IF THEY'VE NOT PURCHASED THEIR FIX YOU'LL SEE THEM CROWDING AROUND THE BAR LIKE A LOAD OF CATTLE, IN FACT SHEEP DESCRIBES THEM TO A TEE. ARE THESE PROPLE REALLY SO IN SECURE THAT THEY CANT GO WITHOUT A PINT OF LAGER OF WHATEVER THEIR TASTE IS .? I MAKE THIS CON-CLUSION FROM HEARING WHAT SOME PEOPLE HAVE SAID ABOUT THE SUBLECT. ONE SCORCHER WAS "NO I'M NOT GOING TO THE GIG COS I CANT AFFORD TO DRINK TONIGHT". IS THAT ALL A GIG IS GOOD FOR, A BOOZING SESSION? I ONCE QUERIED SOMEONE ABOUT THE REVOLTING TASTE OF LAGER AND GOT THE REPLY "WELL ITS AN AQUIRED TASTE ISN'T IT". WHAT THEY MEAN IS THAT ALTHOUGH THEY DONT ORIGINALLY LIKE THE TASTE THEY FORCE THAMSELVES TO TAKE IT IN ORDER TO SATISFY THEIR IMAGE. JUST TO BE LIKE EMRYONE EISE. IF YOU GENUINELY LIKE THE TASTE OF A DRINK (ALOCHOLIC OR NOT) THEY BY ALL MEANS TAKE IT. BUT WHEN YOUR IMAGE BECOMES MORE IMPORTANT THAN YOUR OWN PERSONAL TASTE THEN THERES SOMETHING WRONG SOMEWHERE. YOUR THEN FIND THESE PEOPLE COMPLANING THAT THEY MISSED THE BANDS OR THAT THERE HEAD IS *KILLING THEM * WHEN THEY WAKE UP THE NEXT DAY. ARSEHOLES, DON'T YOU KNOW THAT A HANGOVER IS THE BODIES R EACTION TO SOMETHING TOTALLY UNATURAL? ALSO AS AL-COHOL IS A DEPPRESSANT DRUG IT WILL MAKE YOUR PROBLEMS SEEM WORSE NOT BETTER WONT IT. THAT HAPPY FEELING YOU EXPERIENCE WHILE DRINKING DOSENT LAST LONG. ONE REASON FOR SO MUCH TROUBLE AT GIGS. HOW CAN SOMEONE CARE ABOUT OTHER HUMANS AND ANIMALS WHEN THEY CANT EVEN CARE FOR THE IR OWN BODY? IN THE LAST ISSUE OF 'GUERNICA' THERE WAS AN ARTICLE IN IT GLORIFYING THE USE OF CANNABIS. ALTHOUGH IT IS POSSIBLE TO MAT CANNIBS (WHICH CAN BE HOME GROWN) MOST PEOPLE PREFER TO SMOKE IT IN A JOINT. WHY GLORIFY SOMETHING CONTRIBUTES TO SLAVE LABOUR, RIGHT WING TERR-ORISTS AND ULTIMATELY THE DESTRUCTION OF OUR BEAUTIFUL PLANET? ARE YOU REALLY A BUNCH OF UN-CARING NEO-NAZIS? COME ON NOW ISNT IT HYPOCRITICAL TO PREACH TO OTHERS ABOUT ANIMAL RIGHTS AND CONSERVATION (ANTI-NUCLEAR) WHILE DOING SOMETHING WHICH IS EVEN MORE UNATURAL THAN EATING MEAT AND HAS KILLED MORE PEOPLE THAN ANYTHING NUCLEAR (AT THE TIME OF WRITING)? SMOKING (OR SH OULD I SAY CONSUMING) CANNIBIS LEADS TO SCHITZOPHENIA, AN INCREASE IN BLOOD PRESSURE AND PARANOIA. TOBACCO IS SADLY STILL A COMMON FEATURE OF OUR SO CALLED MOVEMENT. MOST PEOPLE KNOW ALL ABOUT IT BUT SADLY CONTINUE USING IT. UNFORUNATLEY WE ARE NO LONGER TALKING ABOUT PERSONAL BODY ABUSE HERE BUT SOMETHING WHICH AFTERTS NON-USERS AS WELL. TOBACCO SMOKING IS SELFISH AND OFFERS NO ENJOYMENT WHAT SO EVER (JUDGING BY WHAT MOST FOLK HAVE SAID TO ME). I WONT GO INTO TOBACCO TOO MUCH AS ILL BE REPEATING WHAT MOST PEOPLE KNOW FINE WELL BUT ILL SAY THIS, WHY CONTINUE WITH IT? ANY ADDICTION CAN BE OVERCOME IF THAT PERSON GENUINLEY BELE-IVES IN HIM/HER SELF. IF YOU WANT TO KILL YOURSELF DON'T DO IT IN MY PRESENSE AND DON'T FUCKIN KILL ME. NONE OF US ARE PERFECT AND IM NOT TRYING TO SET UP ANY SORT OF RELIGION (STRAIGHT-EDGERS F.O.A.D.) BUT I FIND IT SO PATHETIC WHEN PLOPLE XXWR KNXXXXXXX HAVE TO FOLLOW EACH OTHER LIKE SHEEP WITH SOMETHING SO RIDICULOUS LIKE DRUG TAKING. WISE UP SUCKERS AND THINK

Black Wedge: is a group of pissed-off individuals from Edinburgh who are trying to do something about the virtually non-existant "scene" up here. The name was meant to be slightly humourous, a piss-take of our left-wing friends(?). Please don't take it too seriously, we're not the new Angry Brigade or something! We are at present trying to get a venue in order to put on gigs (obviously) and to get some sort of a centre as well. By the time you read this we'll have hopefully put on such bands as Generic, Hellbastard, HDQ and the Next World as well as 'local' bands like Oi Polloi, AOA, Maximum Security, State Of Decay, The Disturbed etc... We also take part in such activities as hunt sabbing, picketing, leafletting and flyposting. We believe direct action is our first priority and one of the reasons for the gigs will be to finance hunt sabbing, leaflets and a bust fund. So far we've had 3 donations; £5.75 to

FOR YOURSELF FOR A CHANGE. IN THE WORDS OF THE APOSTLES "THE BEST THING WE KNOW TO MAKE US FEEL HIGH IS A HALF-BRICK BOMB LANDING IN A COPPERS EYE". LIVE LIFE, DON'T DESTROY IT,

initially open a bank account,£2.50 from Donald Beatstalking and £5 from Colin Douglas, Edinburgh so at the time of writing(Jan 88)we have a total of £13.25 in the bank.Any donations welcome. If anyone has any good flyposters lying around, then send them to us and we'll put 'em up over Edinburgh. Contact: John A,5 bellfield ave, Dalkeith, Midlothian,

VEGAN COOKERY

HUMUS

Humus is a chickpea pâté of Middle-Eastern origins. It is a spicy and rich spread, full of protein. You can use it as a sandwich spread or an appetizer-dip(scoop it up with pieces of pocket bread and sticks of raw vegetables). You can also build an entire meal around a plateful of humus, vegetables and bread. It's filling enough.

If you buy humus in health shops or supermarkets you will probably pay a daft price for a small portion. This recipe may sound fancy, but it's easy to make and is cheap for what

BEGIN SOAKING CHICKPEAS EARLY IN THE DAY (OR OVERNIGHT), YOU'LL NEED COOKING AND COOLING TIME AS WELL.

11 CUPS RAW CHICKPEAS, SOAKED FOR A FEW HOURS AND BOILED FOR A COUPLE OF HOURS UNTIL VERY SOFT

3 MEDIUM CLOVES MINCED GARLIC

13 TEASPOONS SALT

DASH OF TAMARI

JUICE FROM 2 MEDIUM LEMONS

를 CUP TAHINT *

1/4 CUP(PACKED)FINELY MINCED PARSLEY

LOTS OF BLACK PEPPER AND A DASH OF CAYENNE

1 CUP MINCED SCALLIONS OR SPRING ONIONS

MASH CHICKPEAS TO A THICK PASTE, USING A FOOD MILL OR GRINDER OR A MASHER.

COMBINE EVERYTHING AND CHILL THOROUGHLY.

TASTE TO CORRECT SEASONINGS. SOME PEOPLE LIKE EXTRA GARLIC TAMARI OR TAHINI.

Dried apricots (calcium, iron, vitamin A and C).

Whokwheat flour and bread (protein, calcium,

iron and carbohydrate)

TAMARI is soy sauce-good concentrated soy sauce. It is available in natural foods stores and in oriental food shops. If you can't find it, a good Chinese soy sauce will do.

TAHINI is a sesame paste used frequently in middle eastern dishes. It is high in protein. Buy it at natural foods shops or imported food departments.

Source: MOOSEWOOD COOKBOOK by MOLLIE KATZEN

NUTRITIONAL VALUES

Foods required for building and maintaining the body include:

Calcium for the bones and teeth; Protein for the muscles; and Iron for the blood.

Protective foods are vitamins, fats and, to some extent, proteins. Food value charts vary a little because so many factors must be taken into account. Soil, weather, time of year, country of origin, storage time(if any), drying or other processing, culture methods, etc. Nevertheless, it is very noticeable, when studying the resulting lists, that certain plant foods are outstanding in their nutritional value. For example:

Almonds (iron, protein, calcium, thiamine, riboflavin, niacin)

Brazils(calcium, protein)

Cabbage(vitamin E, vitamin A, calcium)

Peanuts(niacin, protein, calcium, riboflavin)

Beans(calcium, protein, iron, vitamin A)

Carrots(vitamin A)

Dandelion Greens(vitamin A and C)

Kale(vitamin A and C)

Parsley, peas, red and green peppers, spinach, tomatoes and turnip greens are all valuable sources of vitamins A and C and some calcium. Figs C particularly black ones), dates, oranges, raisins and other dried fruits (calcium and iron). Source: EVA BATT'S VEGAN COOKERY

TRACEY'S BIT

When a Rhesus monkey was locked in a small wire cage with compartments of food in front; he quickly learnt that if he reached for the food it would give electric shocks to the monkey opposite. The monkey chose to go without food instead of letting his companion suffer. Now how come this dumb stupid wild animal that has no feelings, went without food instead of letting the other monkey suffer; when we, the great human race, won't even vary our diet for the suffering of millions of animals and people ?

In 1984, the year of Live Aid and other money-raising events for the starving people in Ethiopia, Britain imported 4 million tonnes of high-protein grain to this country to feed cattle to feed you . It seems not only does the great powerful human race permit the suffering and killing of different species of animals, but will also allow the starvation

and suffering of it's own breed .

At present Britain has a population of about 56 million; we are capable of feeding a population of 250 million on an all-vegetable diet .

So if we're such a caring race with such great intelligence, then isn't it about time we started doing something? Something as simple as changing our diet .

Vegetarianism or Veganism isn't boring , and anyone who says different this message is for

you:

It ain't the food that's boring... It's the chef .

Here's a list of non-vegan additives. The non-vegetarian ones are marked with a "£".

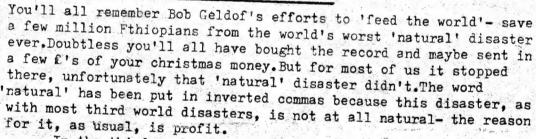
The 100's-Colours: (£) E120 cochineal - also called carmine or carminic acid The 200's-Preservatives: E270 lactic acid (occurs naturally in sour milk) The 400's-500's-Emulsifiers, Thickeners, Anti-caking agents: 542 - edible bone phospate (£) The 600's-Flavour enhancers; 901 - beeswax

ALSO: E325 - sodium lactate

E326 - potassium lactate

E327 - calcium lactate





In the third world there are millions of acres of rain-forests - these are involved in a cycle whereby water evaporates from the leaves of the trees, and clouds are formed and rain then fallspreventing the terrible drought situation which is at present causing starvation in many third world countries. However, these rain-forests are being destroyed at an amazingly rapid rate-10,000 acres per day (by companies such as 'Coca-Cola' and 'McDonalds') thus ruining the cycle and causing drought and therefore starvation. What I'm basically saying (in a very round about way I know) is if you can give a donation-either to the starving people or say to Greenpeace - who are attempting to reinstate the forests-, please do; I'm sure you can afford to. N.B These forests also provide one-third of the oxygen that the whole world needs - including the 'first world' of the west.

Greenpeace 36 Graham St. London N1 8LL Cheques etc to

"Greenpeace" or

"Action Aid"

or

Action Aid Dept. 02865 c/o Midland bank plc Box 1EC 52 Oxford St. London W1A 1EG

Dan.



AREN'T YOU A BIT TOO OLD FOR THAT SONNY ??

Yet again skating is in the public eye and I begin to wonder whether during this second occurance it will be accepted (doubtful) or be seen as anti-social. Either way I do not hold much hope for skating once the large companies get ahold of it; they it squeeze every last penny out of the industry.

Rather pessimistic, some people may think this, however it is not true. If skating was to die again no Japanese co. can cash in on us and the companies who are to skating can keep the products flowing to support the underground scene. People may think that skating was totally wipedout in the seventies and they'd be far from right. Skating has been around for 20 years now and all the time it has been pushed to new limits by the dedicated underground skater. However this does not stop me from taking the piss out of young prats who pose around the city centre holding their new boards (be it Taiwanese or American) with flashy gear on. By the way if any of you are like this, my deepest apologies, I forgot to say FUCK OFF.

Now on a lighter note I'd like to talk about the Newcastle skate scene, yes well it's pretty crap isn't it, but have you looked very far?

Firstly we have a 9-10 foot half pipe in Newcastle, this is at Walker Wheels at the base of pottery bank, Walker (under the bridge). Pads are supplied (they're crap) and it's £1 for a years membership (you have to be a member to skate the ramp). In town the university is a cool skate spot at night, and the security guys are really friendly. Basically you should be able to innovate yourself and find new terrain, which is a sign of a good adaptable skater. If you need new gear go to Action Feet, Monument, Newcastle.



Basically I've had to ramble on about fuck all as I'm guessing on what you'd like to read. So please any questions on skating/music/maintenance/competitions/worries even fashion if your that fuckin' desperate, please write in, ideas also accepted.

Thanx. SK8 tough. Saul.

RECORD REVIEW - Shotgun Brides

The Shotgun Brides are a Tyneside band who signed to Neat Records in October'86, and have recently finished a tour of England this March.A friend of mine who was involved in the tour sent me some info about the band with a tape of their new LP called "Nothing Ventured". So here's my review:

The LP starts with a dramatic orchestral intro., and launches into the 1st song, which is the title track. This is quite powerful with a metallish guitar providing the song's backbone. The next song, "Shakin'", is a pretty cliched metal sing-a-long-a-chorus song. The next number, "My Time", is in much the same style with slower parts in it. "Promises" has a catchy tune with hints of Kiss and Bruce Springsteen(?!). The rest of the LP rocks

along in similar fashion. "Rock Hudson" being the track that sticks out on side 2 sounding a bit like The Cult. On the whole this record is very commercial and is full of unoriginal guitar solos and uninspiring choruses. If your'e into medium paced metal-influenced rock then this is for you, it's just not for me though.

Nick.

OI!

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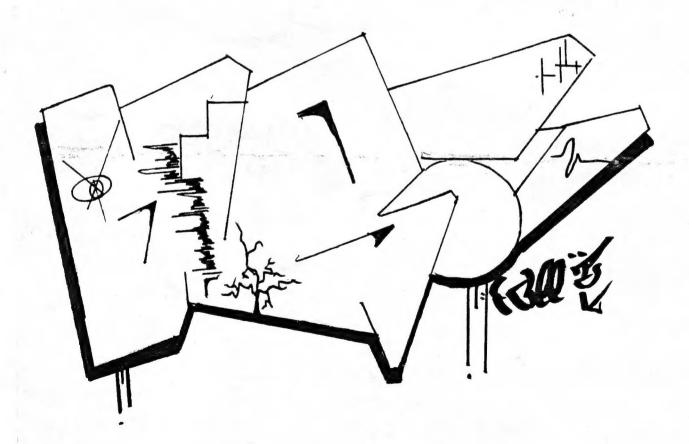
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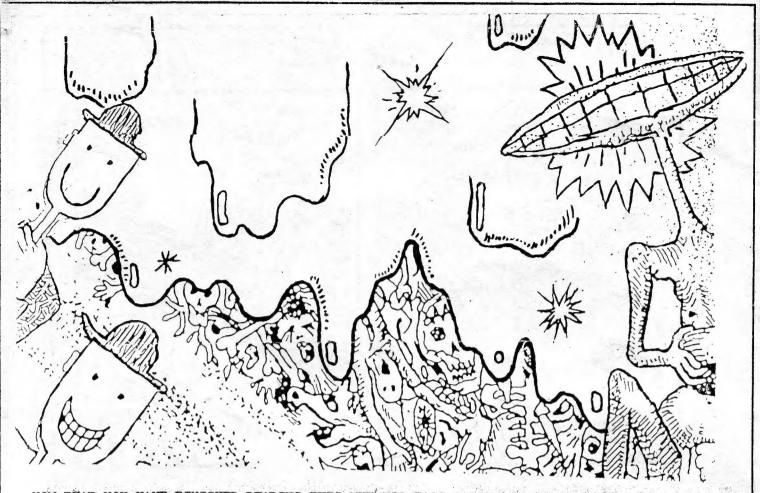
SPOT THE DIFFERENCE





... I CAN'T!!





NOW THAT YOU HAVE FINISHED READING THIS WHY NOT PASS IT ON TO SOMEONE ELSE ?

THE 30p MOST OF YOU WILL HAVE PAID FOR THIS WILL BE SPLIT 4 WAYS BETWEEN BLACK WEDGE, COMMON GROUND, WESTSIDE ARTS AND MUSIC COLLECTIVE AND GUERNICA. DETAILS ON THESE COMMUNITY PROJECTS CAN BE FOUND INSIDE.

ISSUE 3 SHOULD CONTAIN INTERVIEWS WITH MDC AND THE RHYTHM PIGS AS WELL AS FEATURES ON HOW TO DO A FANZINE, SKATEBOARDING AND LOTS MORE. THE REST IS UP TO YOU.

IF YOU WANT TO SELL GUERNICA THEN GET IN TOUCH.

